

your practical guide to beautiful living

SA's
No.1
home and garden
magazine

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home

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September 2017

GARDENS

Grey water & rainwater

Make the most of it!

FIX IT WITH FLAIR

OUR TOP 10!

DÉCOR

The do's and don'ts of scatters

FOOD

Yummy Brandy and Coke pudding

DIY

Build a trendy pallet-style bed

Eco chic

1 A log cabin built from 'rubble'

2 A fridge panel cottage

3 Two spacious container homes

+ CLEVER CONVERSION

*From pool
to studio*



DESIGNED FOR *Life*

COLOUR FORECAST 2018

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Hello

My friend Esté owns a photo agency. A few weeks ago, I emailed her to ask for some pics for a story on the various do's and don'ts of scatter cushions.



She has a pug named Vincent. The first picture I received was the one on the left, with the subject line: "A prime example of 'don't'". Vincent is a lovely little pooch, but his 'laid-back' pose on that cushion is really not ideal.

Luckily, our creative editor, Marian, had many more, shall we say 'tasteful', pics up her sleeve as well as plenty of advice on how

to make the most of scatter cushions in your home décor (turn to [page 66](#)); if used correctly, they add life to a drab space. If you get it wrong, well, they could land up on the floor and become the dog's snooze spot...

While putting together this issue, we were also busy judging this year's **Fix it with Flair** entries. It was a record year with many diverse entries.

What strikes me about each one is the background story. One reader told us how she grabbed a hammer in frustration after being retrenched and began to demolish her old kitchen – a good start for a new beginning. Another told how she fell in love with her almost century-old house, as if it were a handsome man on a dating website. "Love at first sight", she described it... Then there was the reader who lost a finger, others who nearly electrocuted themselves, at least two who almost ended up in divorce court (I reckon there are many more, but most people aren't that honest!) and, finally, the proud renovators of three buses, two caravans – and a swimming pool that's now a wine cellar!

Over the weekend, I spent hours poring over the last few entries in front of the fireplace with a bowl of popcorn next to me. It was just like the movies, only better. **Check out our Top 10 on [page 60](#)**; we'll share the other entries at a later stage – either in *Home* or *Home Renovations*, which hits the shelves in November.

On the subject of pools: take a look at the amazing transformation of the old unused swimming pool on [page 54](#) – what was a 'swamp' is now a gorgeous studio, meticulously planned and built with Mother Nature in mind. I think this project takes 'upcycle' to a whole new level.

In keeping with our **eco theme** in this issue, we also feature two houses built with shipping containers, a log home and even a house made from refrigeration panels. Seeing is believing.

The owner of the container house in Botrivier – an eco home that epitomises the idea that 'less is more' but boasts unobstructed views of the valley and mountains beyond – named the unit "Copia", Latin for abundance. And he's spot on. If the earth thrives, it will be abundant and we should all help wherever we can.

I hope this issue inspires you!

Wicus editor@homemag.co.za

As usual, we are back at the Cape HOMEMAKERS Expo at the Cape Town International Conference Centre this year. Pop in and visit us between 31 August and 3 September – go to [page 63](#) for more details.



home

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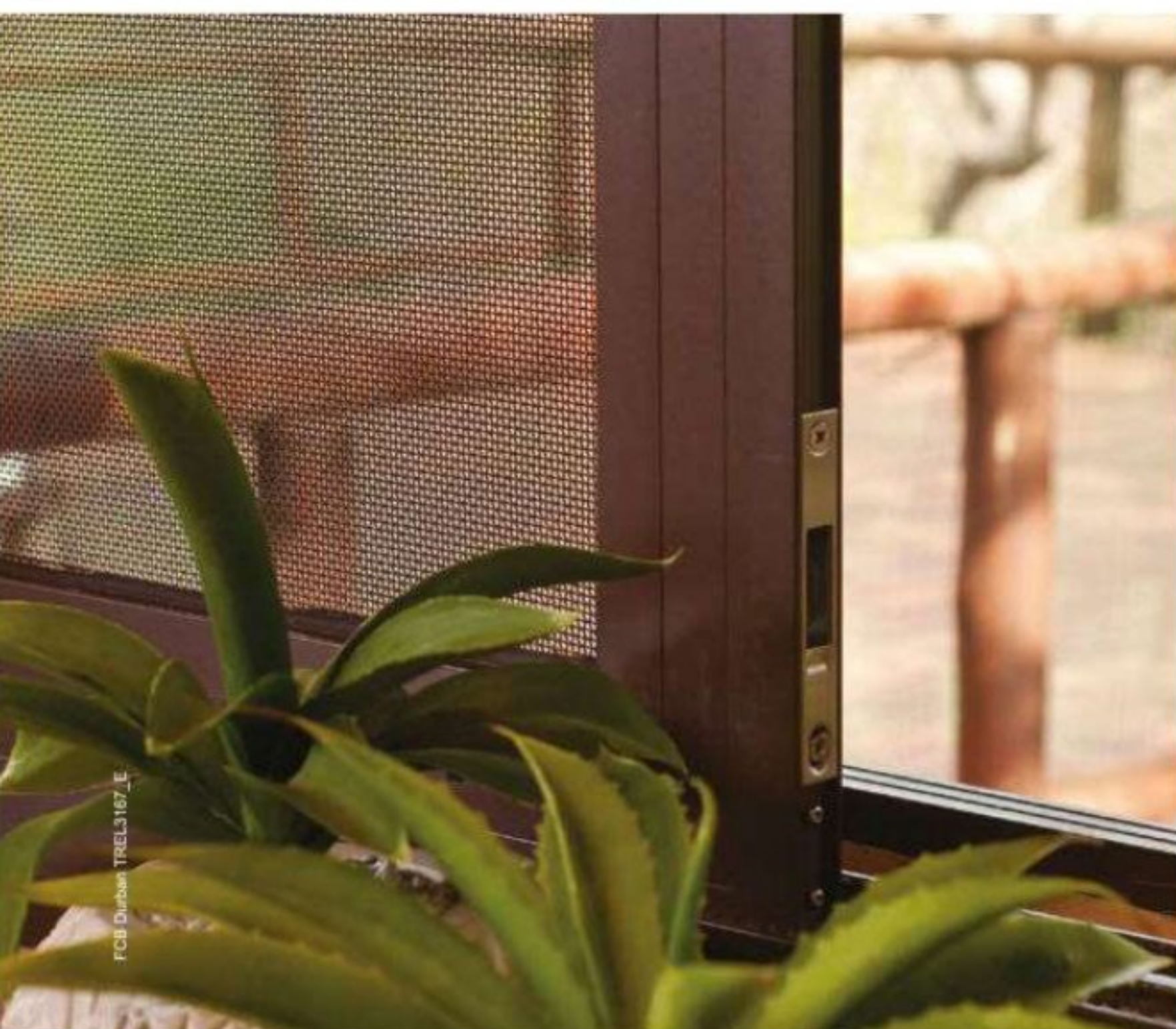
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WINNING LETTER

I can't stop painting!

Thuli Musa of Bryanston writes

I have always admired the painted furniture in different houses featured in *Home*. I buy the magazine religiously on the 14th of each month and have piles and piles dating back several years! You'd think with that addiction I'd have tackled some projects along the way. But I've always been afraid to try.

Recently, I summoned up the courage to buy a tin of chalk paint and an old side table as my first foray into the heady world of painting furniture. I enjoyed it so thoroughly I can't seem to stop! After the little old table, I painted the hallway table and I'm starting on my bedside cabinets shortly. I can no longer walk past the paint store without buying something! I blame it on *Home* magazine.

I've attached some pics to give you a glimpse of the monster you've created! Next it's bold colours...



Pride of place

Chantal Wood of West Beach writes They say home is where your heart is; for me, this couldn't be truer. I lovingly stitch a little piece of my heart into every room in my home. Each item is chosen with a specific feeling or emotion attached to it and carefully placed to make each room feel welcoming.

I got my flair and love of decorating and collecting from my mother, and many of her items now have pride of place in my home. My collections, from teapots and blue-and-white china to ginger jars and birdhouses, can be found throughout my home. But every decorator needs their inspiration, and mine comes from *Home*.

To ensure that I never miss an issue, my daughter gave me a subscription for Mother's Day!



For the felines...

Sonel Lang of Centurion writes I'd like to share with you the pretty "catio" my dad made on my parents' guest farm, Grietjiesdrif, in the Breede River Valley.

He bought a Wendy house and then turned it into this amazing catio using wire mesh and furnishings. It was 'commissioned' by my aunt and uncle so their cat can enjoy it when they go on holiday. The view from the catio is of the Slanghoek Mountains.

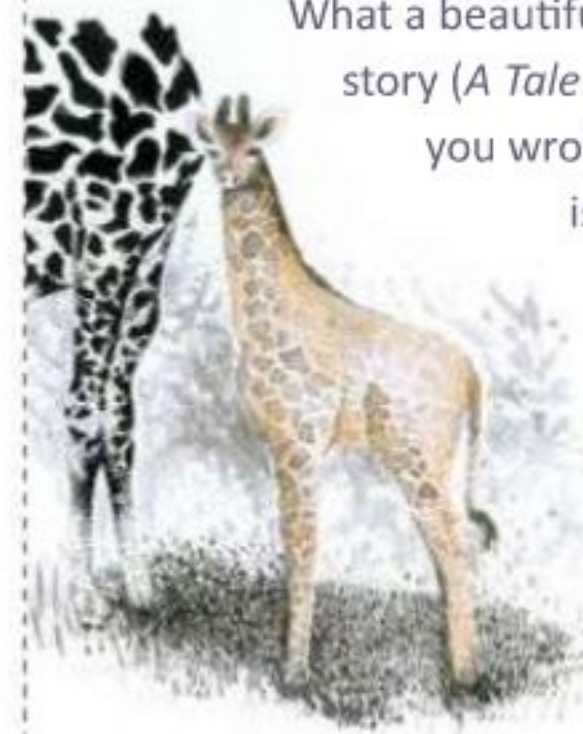


DEAR RIANA

We love your back page column! Last month, my daughter had prepared reading at school and took one of your stories to read. The kids found the account of your friend who found the keys to the pantry in his mom's bible on Psalm 23 particularly humorous. Two days later, a couple of her friends asked if they could have copies of the story to prepare for reading in class! Thank you for the highlight at the end of *Home*! – Paula Fernandes, Pretoria



What a beautiful and touching story (*A Tale of the Tankwa*) you wrote in the May 2017 issue of *Home*. I also teared up a bit when you made amagwinya (vetkoek) for Jasmine. She will visit you again. – Oyande Kone, Cape Town



WIN! The writer of the winning letter gets a Lasher hamper worth R3 000!

Made up of recyclable materials, Lasher's garden range with its tough and reliable hand tools is perfect for starting and maintaining a garden. This Spring Gardening Hamper consists of a wheelbarrow, spade, fork, leaf rake, hedge shears, 3-piece hand garden set and a hosepipe – and it's sure to give you green fingers! For more details, go to lasher.co.za or visit their Facebook Page.



The editor reserves the right to edit letters at his discretion.

diary

ON THE BOX

Home Made Easy (Season 2 starts September 4 on the Home Channel, 176 on DStv) offers all the help you need to turn your house into a home – from practical gardening tips to exciting DIY projects and inspirational décor advice. Join local presenters Tanya Visser, Ryan Paulsen and Elle Franco as they share their top tips and tricks for a “home sweet home”.



HOMEMAKERS Expo

31 August – 3 September: Cape Town International Convention Centre
15–17 September: Parkview Shopping Centre, Pretoria

With the theme “A Tribute to Your Home”, this expo celebrates your living spaces. Exhibits include improvement products; décor, furniture, gardens, kitchens, handmade gifts and DIY products. Tickets from quicket.co.za cost between R50 and R80; go to homemakersonline.co.za.

If you're in Cape Town at the end of August, pop in at the Tuis|Home demo theatre at the Cape HOMEMAKERS Expo – check out [page 63](#) for details.



Street Food Festival

2–3 September:
Side Street Studios in Woodstock, Cape Town
10 September:
Common Ground, 16 Staib Street in Maboneng, Jo'burg

Visit this vibrant market where local chefs showcase the best of SA's street food and enjoy talks by some of the country's leading foodies. Get your fill of vinegary fish and *slaptjips*, gatsbies stuffed to capacity and the best braai straight off the coals! Tickets from quicket.co.za cost R50–R100; for the programme, visit streetfoodfestival.co.za.



Spring is in the air!



Celebrate the season at a festival...

1–3 September: Botrivier Over the Rainbow Spring Weekend Join in some country-style fun, including a Spit & Skoffel dinner dance, tractor rides, paintball and jumping castles; weekend passes (R100, including a tasting glass) are available from quicket.co.za.

2 September: Spring Fest in Howick, Midlands Kick back at St Ives Boma with performances by Louise Carver and Jason

Hartman as well as craft beer, local fare and a Midlands craft market. Tickets at the gate or from webtickets.co.za cost R100 for adults and R50 for under-12s; call 076 812 6423.

23 Sept – 1 Oct: Magoebaskloof & Haenertsburg Spring Festival Enjoy craft stalls, family fun and an orchid display at Orion Magoebaskloof Hotel; call 064 070 4454 or visit springfestival.co.za.

Compiled by Shané Barnard

Send diary entries to diary@homemag.co.za at least three months before the event.

September flashes

2: Celebrate your heritage and discover more about your own family tree at the 10th Genealogy and Family Heritage Expo at 269 Lancia Street, Lynnwood Ridge in Pretoria. Entrance is free; for more details, visit isabelgroesbeek.wixsite.com/expo.

9: The Field Market in Sandton, Jo'burg celebrates its 2nd birthday with more than 100 exhibitors offering handcrafted goods, food and drinks, live music and kids' activities. Entry is free; check out fieldmarket.co.za.



11: October issue of Home on sale!

14–17: Visit the Centenary Darling Wildflower Show to view more than 1 200 different flower species and enjoy workshops, food stalls, live music, a veteran vehicle display and more. Tickets cost R60; go to darlingwildflowers.co.za.

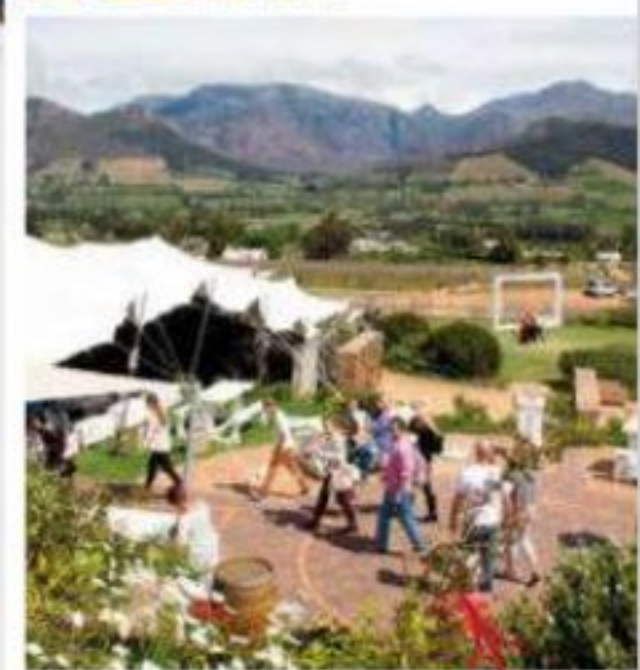
16 & 17: Indulge in wine-tasting, live music, gourmet food and even giant Jenga at the Franschhoek Uncorked Festival. Get your R150 weekend pass from webtickets.co.za and visit franschhoekuncorked.co.za.

24: Celebrate Heritage Day!

27 Sept – 2 Oct: With 80 unique exhibitors, wine-tasting, deli delights, live music and children's entertainment, the Tierlantyn'kies Kuier & Koopfees in Zwavelpoort, Pretoria is not to be missed! Tickets cost R35; go to tierlantynkies.co.za.

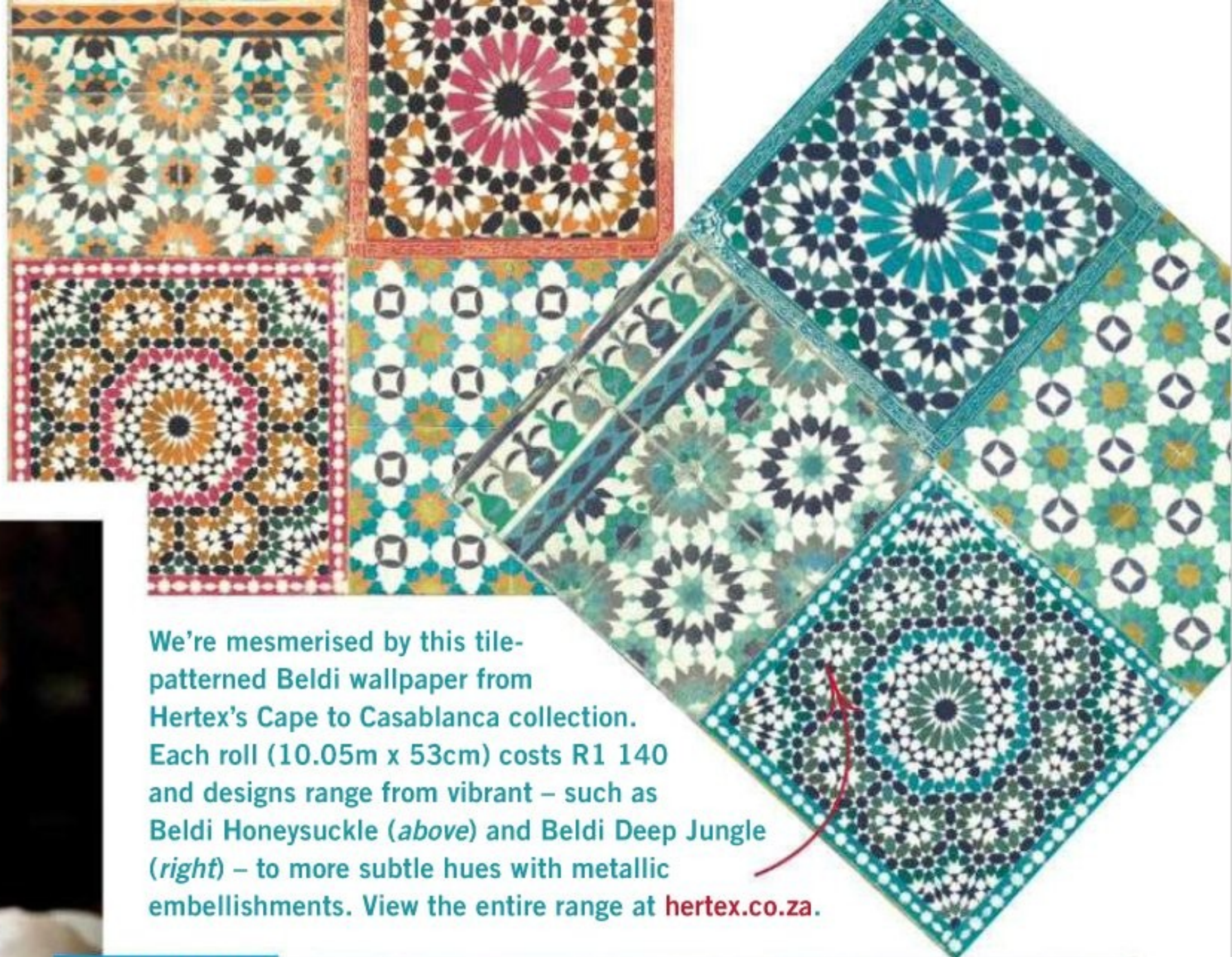
30: Winemakers from local cellars present their wines and village foodies tempt with fare ranging from traditional to trendy at the Mmm McGregor Festival; call 023 625 1954 or email info@tourismmcgregor.co.za.

30 Sept – 1 Oct: Sample delicious cheeses at the Say Cheese Artisanal Fair at the Italian Club in Milnerton, Cape Town. Get tickets for R90 at the door; call 072 795 4214 or email saycheesefair@gmail.com. 🏠



what's new

Compiled by Kim Arendse



We're mesmerised by this tile-patterned Beldi wallpaper from Hertex's Cape to Casablanca collection. Each roll (10.05m x 53cm) costs R1 140 and designs range from vibrant – such as Beldi Honeysuckle (*above*) and Beldi Deep Jungle (*right*) – to more subtle hues with metallic embellishments. View the entire range at hertex.co.za.

TOP SHOPS



We love this blue gem, De Blaauwe Huijs, in Memel in the Free State! A variety of antique, retro and kitsch décor items are on offer – find them on President Steyn Street; call 073 426 5280.



We love the vibrant colours of this Ndebele-style scatter from online shop homeartist.co.za (R269.99 with foam inner; 50 x 50cm). You'll also find eye-catching clocks and wall art; they ship at no cost all over South Africa.

Local is lekker!



Be sure to pop in at Tuka at 10 Northumberland Street in Bellville, Cape Town for hand-picked and lovingly transformed second-hand and antique pieces from all over the country. The store name was derived from the Afrikaans word "toeka" which affectionately means "old times". They also have a store at Picardi Place in Rawsonville; go to facebook.com/TukaInteriors.





WATCH THIS SPACE!

BUSINESS Reclaim Design
WHO Michael Martin and Nikki Rixon
WHERE Constantia, Cape Town



THEIR WORK Passionate about re-using, recycling and upcycling, every décor product this inspired couple creates is made with an ecofriendly ethos. Their product range is updated regularly and includes kitchenware, air plant and succulent displays, vases and gorgeous vertical gardens. Send them a message on [facebook.com/reclaimdesignza](https://www.facebook.com/reclaimdesignza), or shop online at reclaimdesign.weebly.com.



Hot products

Home by Olga-Maré's first collection is called Florish and it consists of 100% linen scatter covers, tea towels, napkins and made-to-measure tablecloths. This Nembali tablecloth (from R2 200; 2.2 x 1.2m) is one of many gorgeous nature-inspired prints in the range. Go to olgamare.co.za for more.



Looking for a gift for the décor enthusiast in your life? Try Loveables, a gifting platform from interior designer Sue Lederle and her team, offering hand-picked local décor and homeware. Visit the showroom at 13 Brickfield Road, Salt River in Cape Town or go to loveables.co.za.



FINE FABRICS

If you just can't wait for spring, bring beautiful blooms into your home with Harlequin's Lisanne curtain fabric available at Black Fabrics. Go to blackfabrics.co.za or visit any one of their showrooms in most major cities across South Africa. 🏠



Wingin' IT

By Kim Arendse • Photographs Francois Oberholster, Inge Prins, Henrique Wilding and
Craig Scarpa • Styling Marian van Wyk and Shelly Bergh

Let fine-feathered friends take your décor to new heights!

1 A work of art

The pretty mosaic bird that Magdel van der Walt of Cape Town created years ago during a once-off art class finally found a home when her daughter Janneke (now 12) added it to her bird-themed bedroom. Magdel, co-owner of décor manufacturer TinTown, cut the bird shape from chipboard, then decorated it with shards of mirror and coloured glass. It's a charming fit in this porthole window and perfectly complements the rest of Magdel's home décor which features owls, deer and rabbits on the walls, in little nooks and on fabric and ceramics.

2 Another dimension

In her all-white space, Marcelle Crowther of Hocus Interior Design Studio wanted to 'disrupt' the stark line of the entrance hall staircase. "Artwork with standard square or rectangular frames displayed against this wall would appear unbalanced – but this three-dimensional flock of ceramic birds, placed in a random pattern, draws the eye upwards along the staircase," she explains. Marcelle commissioned an artist to create a mould and cast 200 birds; find paper birds online at paperrepublic.co.za. >>



3 A special tweet

These matte golden vinyl stickers, created by Ingrid Corbett of Quirky.Me and Esther Schumacher of mywalltattoos.com, are perfect for sticking on doors, sliding doors and windows to indicate the presence of glass. Both practical and pretty, we love how the birds bridge the gap between the indoors and outdoors!



4 Get your ducks in a row

Thea-Rita and Werner Kluyts of Bellville opted for a black-and-white theme in their 17-year-old daughter Bea's bathroom. The large mirror was rescued before landing up on a rubbish dump and coated with black enamel paint. The smaller black plastic frames are from Pep. In contrast to the Victorian style, little ducks are proudly displayed on a shelf just below the ceiling; Werner made the shelf using leftover skirtings. The rubber ducks were bought at The Crazy Store and spray-painted white for a porcelain look. The youthful theme is extended with vinyl bunny stickers above the basin and a large rubber duck – a gift from a friend who found it at the Milnerton Flea Market – on a bench next to the basin. Too cute!



5 Flights of fancy

Margeaux Heydenrych of Art-2-Wall created this fun outdoor chalkboard wall at the Gous family's home in Boston, Cape Town. Keen to transform the ugly vibracrete into something the children – Phillip (8), Talitha (6) and Daniel (4) – would appreciate, she applied a layer of primer followed by two coats of blackboard paint. The design appears to be an extension of the tree on the right, creating an organic look and feel that the kids love! 🏡

STOCKISTS

Art-2-Wall 084 866 5481

The Crazy Store 021 505 5500, crazystore.co.za

Hocus Interior Design Studio 021 425 1317, hocus.co.za

Pep 0860 737 000, pepstores.com

Quirky.Me 071 285 4875, quirkyme.com





TinTown 021 426 2226, tintown.co.za



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Bear necessities!

Hand-crocheted bear rug (80cm) R750, ollypolly.co.za



Into the woods

By Kim Arendse

*Add a whimsical touch
to your décor!*

Clock R399,
natedecor.co.za



Squirrel garden
decoration R132,
TinTown



Textured porcelain
teacup R129,
H&M Home



Rustic wood
planter R399.99,
MRP Home



A4 vixen fox print R108,
sugarandvice.co.za



Splash out! TV cabinet (180cm L x 40cm W x 63cm H) R5 950, Brak

Natural Curiosities towel (140 x 75cm)
R599, clintonfriedman.com





Picture it!

Photo frame
(10.5 x 15.5cm)
R129,
H&M Home

H&M



AssemblIT pendant R675,
hellopretty.co.za



1



2



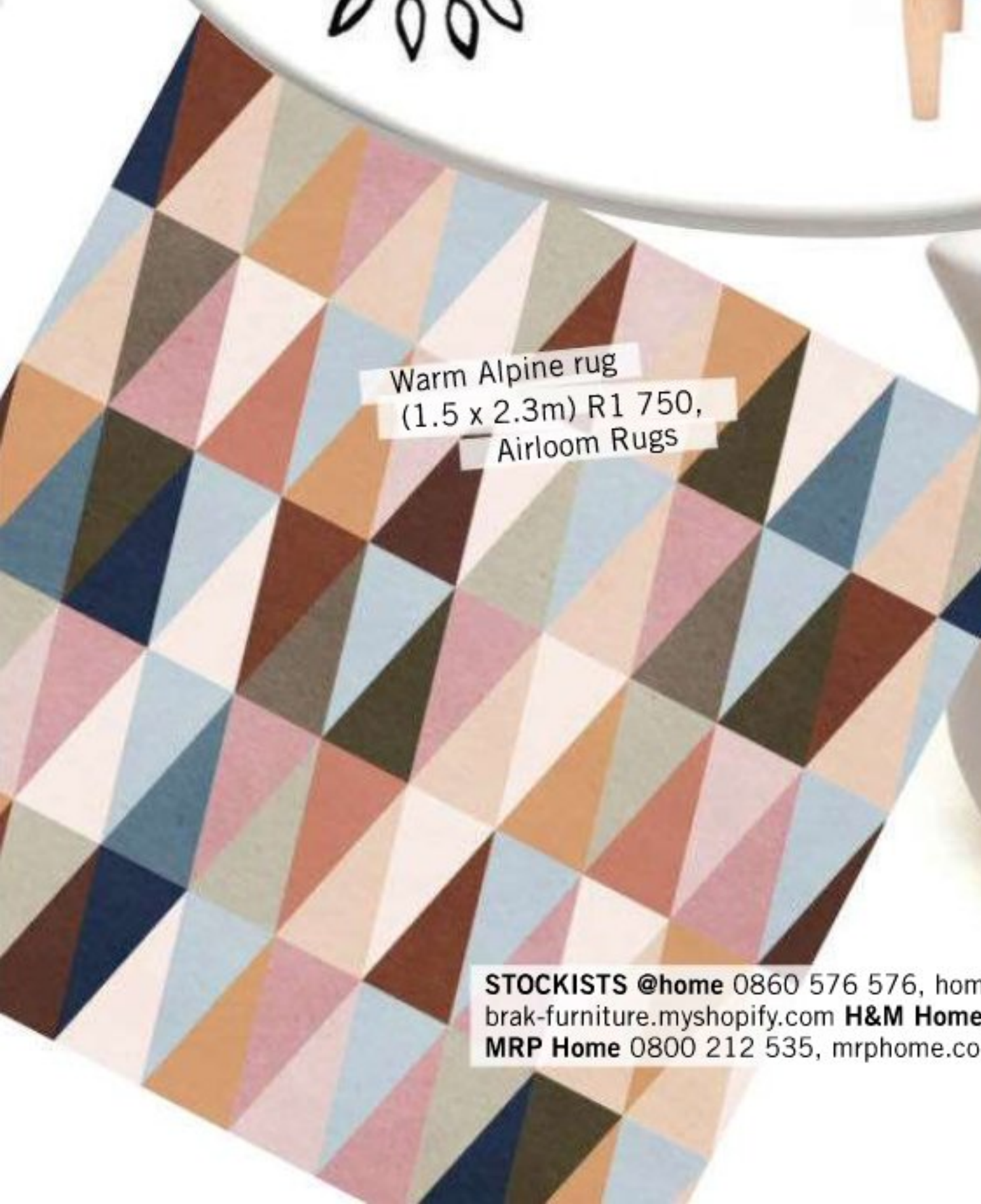
3

1 Handmade doe (60 x 60cm) R840,
katoenknop.co.za 2 Jumping rabbits
(45 x 45cm) R279, knus.co 3 Seat pad
R129, H&M Home

Purrfect... Bohemian jewellery plate (17.5 x 12.3cm) R135, sugarandvice.co.za



Malawian chair
R1 799, @home



Warm Alpine rug
(1.5 x 2.3m) R1 750,
Airloom Rugs



Ant milk jug
(180ml) R175,
Love Milo



You're welcome!

Owl doormat R119.99, MRP Home

STOCKISTS @home 0860 576 576, home.co.za **Airloom Rugs** 021 932 6318, airloom.co.za **Brak** 079 750 0117,
brak-furniture.myshopify.com **H&M Home** 0860 690 707, hm.com/za **Love Milo** 021 462 7551, lovemilo.com
MRP Home 0800 212 535, mrphome.com **TinTown** 021 426 2226, tintown.co.za

Who lives here?

Sue and Bruce Macdonald, their kids John, Matthew, Skye, Savannah and Troy, as well as five dogs and a cat named Topsy.

WHERE Noordhoek

SIZE 350m²

LIVING AREA

There's a seamless flow from the front stoep through the dining area to the open-plan kitchen to the right. The bespoke wallpaper, The Avery from the Old Masters collection, is from Robin Sprong. It creates a striking focal point.



FROM THE ground up

The Macdonalds built their **ecofriendly family home** using repurposed logs, planks and mountain stones from their own plot.

*By Kim Arendse • Photographs Francois Oberholster
Styling Marian van Wyk*



Large cabinet from
Holly Wood Kitchens and
Furniture; coffee table from
Block & Chisel; chandeliers
from Eagle Lighting;
velvet-covered chairs and rug
were inherited



The fact that our home was made from
material that would otherwise have gone to waste
makes it extra special. – Sue



Sue received Bordallo Pinheiro-inspired green cabbage dinnerware from her mother-in-law Jeanne Macdonald a few years ago and this kick-started a love affair with the bold collection. It pops beautifully against the dark grey accent wall painted in Plascon's Paris Paving.



It was always on their bucket list to build their own home on a large plot where they would be surrounded by nature...

So, in 2014, when Sue and Bruce Macdonald heard that a 16-hectare plot on a Noordhoek slope was up for sale, they quickly sold their Fish Hoek home to buy the vacant land and squeezed into a small, nearby apartment. Now, all they needed was a house...

As luck would have it, they heard about a log home that was being demolished in the area. Being both budget-savvy and eco-conscious, they decided to buy the demolished material and use it to build their new home. By then, Sue already had an idea of the basic design they wanted and she commissioned Sue Crowsen of Crowsen Creations to draw up professional plans.

In 2015, building began and a steep driveway to allow for the delivery of building materials was first on the list. It took four full days for all the material from the demolished dwelling – including gum poles, wooden planks and window frames – to be delivered.

"So the first thing on our plot was what looked like a sky-high pile of loose, half-painted and chipped logs!" Sue says with a chuckle. "I remember thinking: are we really going to be able to make a house with this?"

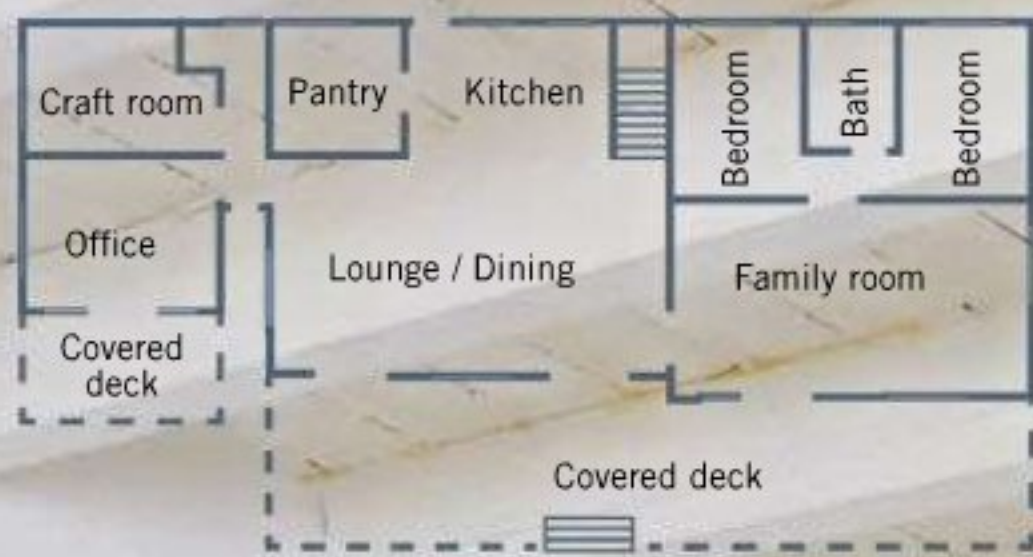
But in just over six months, the Macdonalds were able to move into their lovely log home. >>

We love the layer of interest a simple pattern adds to the white wooden staircase; Sue painted it in Plascon's Rhine Castle.

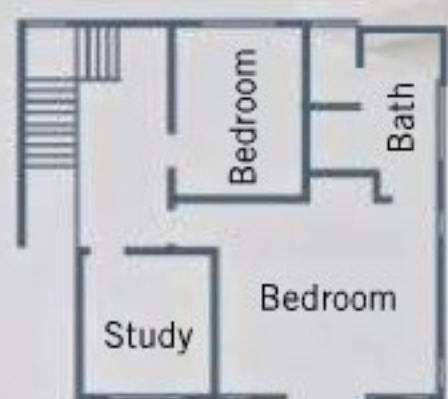
KITCHEN

Sue used grey and pink, two of her favourite colours, to add interest in the otherwise all-white kitchen. The island top was meant to be marble but the entire slab broke while being carried into the house and was replaced by a rustic wooden surface.

Blind fabric from Biggie Best; marble countertops and floor tiles from Kales Marble; splashback tiles from CTM



Ground floor



Top floor

We love it here. We get to see both the sunrise and sunset, *there's plenty of space for long mountain walks and we're often visited by owls and eagles* – we even had a buck in the driveway the other day. – Sue



[FAMILY ROOM]

This charming sitting room is home to Sue's collection of delicate bone china displayed in second-hand and inherited display cabinets. >>

Knit blanket (*opposite*) from Loads of Living; chandelier (*opposite*) from Eagle Lighting; log-clad walls painted with Midas Envirolite (zero Volatile Organic Compounds or VOCs) in an off-white mixed by Paintsmiths



As beautiful as possible

With its mix of French, shabby chic, vintage and farmhouse style, there's something eye-catching around every corner in the Macdonald household. The stone walls add warmth and the contrasting all-white interior is softened by floral fabrics, pastel touches, art and antique furniture pieces – most of which are restored second-hand finds or family heirlooms.

Sue says there are two main influences when it comes to her décor style: the queen of shabby chic, designer and home furnishings entrepreneur Rachel Ashwell, and her late grandmother, Merle Norton.

"When I was younger, I would spend two holidays with my granny in Durban every year. She inspired my sense of style as well as my love of fine china, hosting high-tea parties and making an occasion out of everything!"

For Sue, interior decorating has become a passion and since beautifying her own home, she's been asked to decorate homes for friends and family. "I believe your surroundings have a huge impact on your general well-being; it's very important to make your home as beautiful as possible," Sue adds.



Sue's top tips for a shabby chic look

- Stick to old pieces of furniture; chipped paint adds character!
- Introduce soft flowing curtains; I even sewed pieces of material onto the bottom of my white, muslin bedroom curtains so they would 'pool' and enhance a romantic atmosphere.
- Keep couches simple with white slipcovers and create contrast with curvy French-style furniture pieces.
- Include vintage vases and statues as well as artworks, chandeliers and lots of candles.
- Expose as much natural material as possible, including wooden doors and ceiling beams. I also have plenty of freestanding, roughly painted, white cupboards for storage throughout our home.
- For entertaining, I like to use bowls of roses, old bone-handled silverware and vintage dinner plates with old lace or linen tablecloths. >>

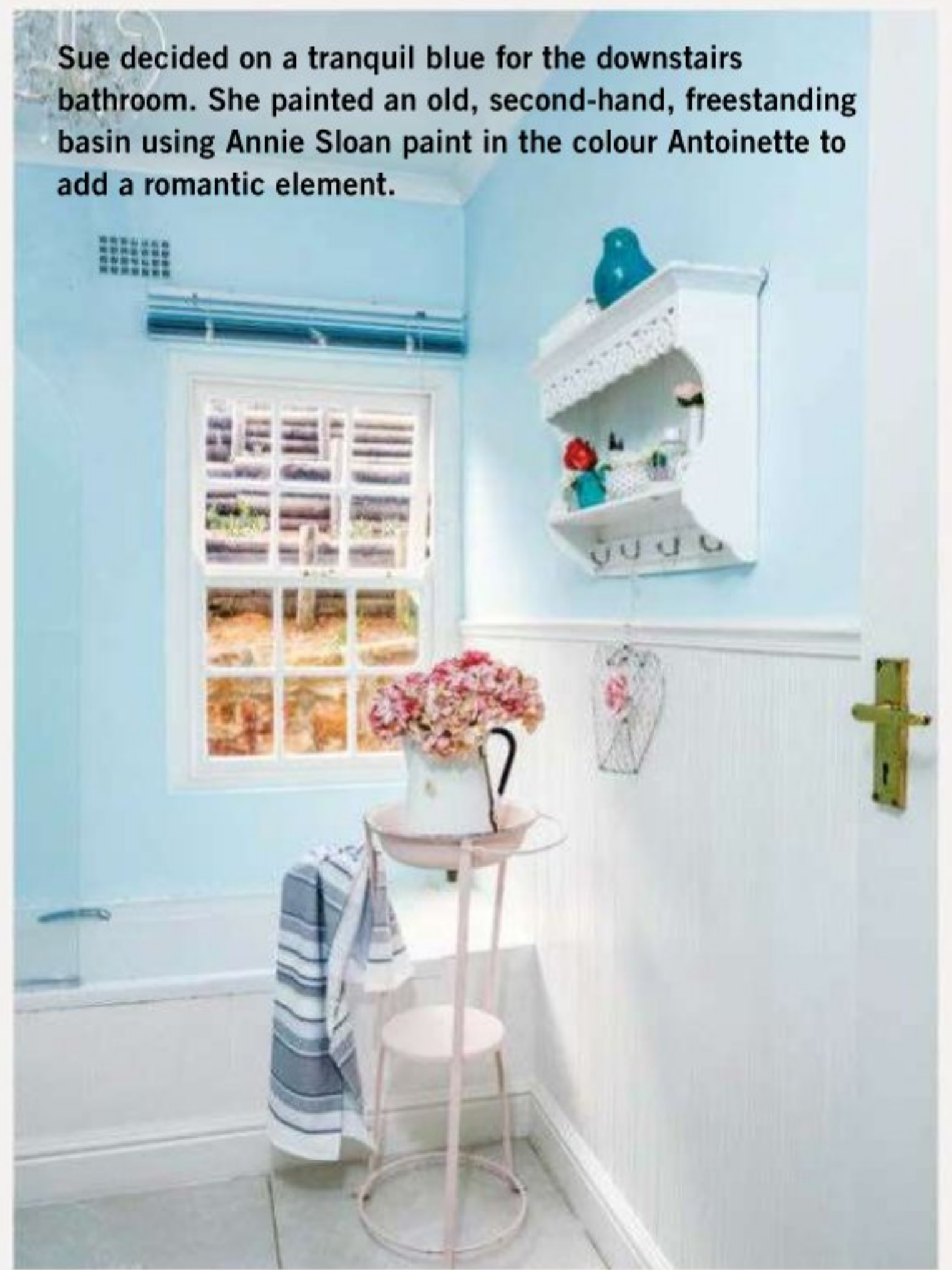
[MAIN BEDROOM]

Sue and Bruce's bedroom is upstairs. The couple decided to add laminate flooring over the reclaimed wood floor for additional warmth and a sleeker look in this space.

Laminate flooring from
Millennium Hardware



Wallpaper from Biggie Best; towel (right) from Loads of Living; walls (right) painted with Duram Bathroom and Kitchen paint in the colour Gen Teal



Sue decided on a tranquil blue for the downstairs bathroom. She painted an old, second-hand, freestanding basin using Annie Sloan paint in the colour Antoinette to add a romantic element.

Savannah's bedroom once formed part of the front stoep. In the interests of her children's privacy (the main reason for wanting a spacious home), Sue had part of the stoep closed off to create this additional bedroom.



Knit blanket from Loads of Living; window frame from Ross Demolition

Troy's bedroom is also upstairs. It has a blue-and-red theme with splashes of other bright colours in the accessories. Exposed roof beams add height and the large bedroom window offers a view of the mountain.



BATHROOM

A clean white palette works well in the main bedroom's en-suite bathroom with its rustic log walls and reclaimed wooden floor.

Bright idea!

The second-hand vanity was given a luxurious update with a marble top the couple found at Ross Demolition.



[THE BUILDING BLOCKS]

1 Before the delivery of the materials, builders plotted the layout of house. Next, the foundation had to be laid before the building of the gum pole walls could begin.

2 A master stonemason used stones from the plot to build the stairway leading up to the foundations.

3 Doors and windows were added as the log walls went up. To create the walls, holes were drilled through whole logs and steel rods were inserted to secure them on top of each other. As the home is quite large, some of the walls were built with huge stones sourced from the plot while other internal walls consist of plastered cement blocks clad with half logs.

4 Once the second story was up, the logs were painted. Wooden planks from the demolished home were used to create the floors and many of the arched sash windows and doors were found at demolition yards and on used goods websites such as movingon.co.za. 🏠

The couple painted their home's exterior grey to blend into the surrounding landscape. The log walls were painted with a specially mixed mid-tone grey by Paintsmiths while the windows and exterior doors received a lick of lighter grey – Dulux Dusted Moss 3. The colour works well with the rich orange-brown of the mountain stones used on the front walls and in the garden.



STOCKISTS

Annie Sloan 032 947 2093, anniesloansa.co.za
 Biggie Best 021 674 1590, biggiebestwebshop.co.za
 Block & Chisel 021 691 0878, blockandchisel.co.za
 Crowsen Creations crowsencreations.co.za
 Eagle Lighting 021 511 2640, eaglelighting.co.za
 Holly Wood Kitchens and Furniture 021 701 7737, hollywoodfurniture.co.za
 Kales Marble 021 510 2958
 Loads of Living 0861 565 565, loadsofliving.co.za
 Millennium Hardware 021 691 1873, millenniumhardware.co.za
 Paintsmiths 021 447 0217, paintsmiths.co.za
 Robin Sprong 021 447 9842, robinsprong.com
 Ross Demolition 021 511 1204, rossdemolition.com





In ship shape

An inspired family created a unique space from old shipping containers that now serves as accommodation for a wedding venue.

CONTAINER HOME #1

Who lives here?

Willie and Marinda Turvey

WHERE Modimolle, Limpopo

SIZE 208m²

The front wall of the container home consists almost entirely of windows. "This lets in plenty of light and makes us feel closer to nature," says Marinda. The structure rests about 45cm above the ground on old borehole pipes that were planted in cement. >>

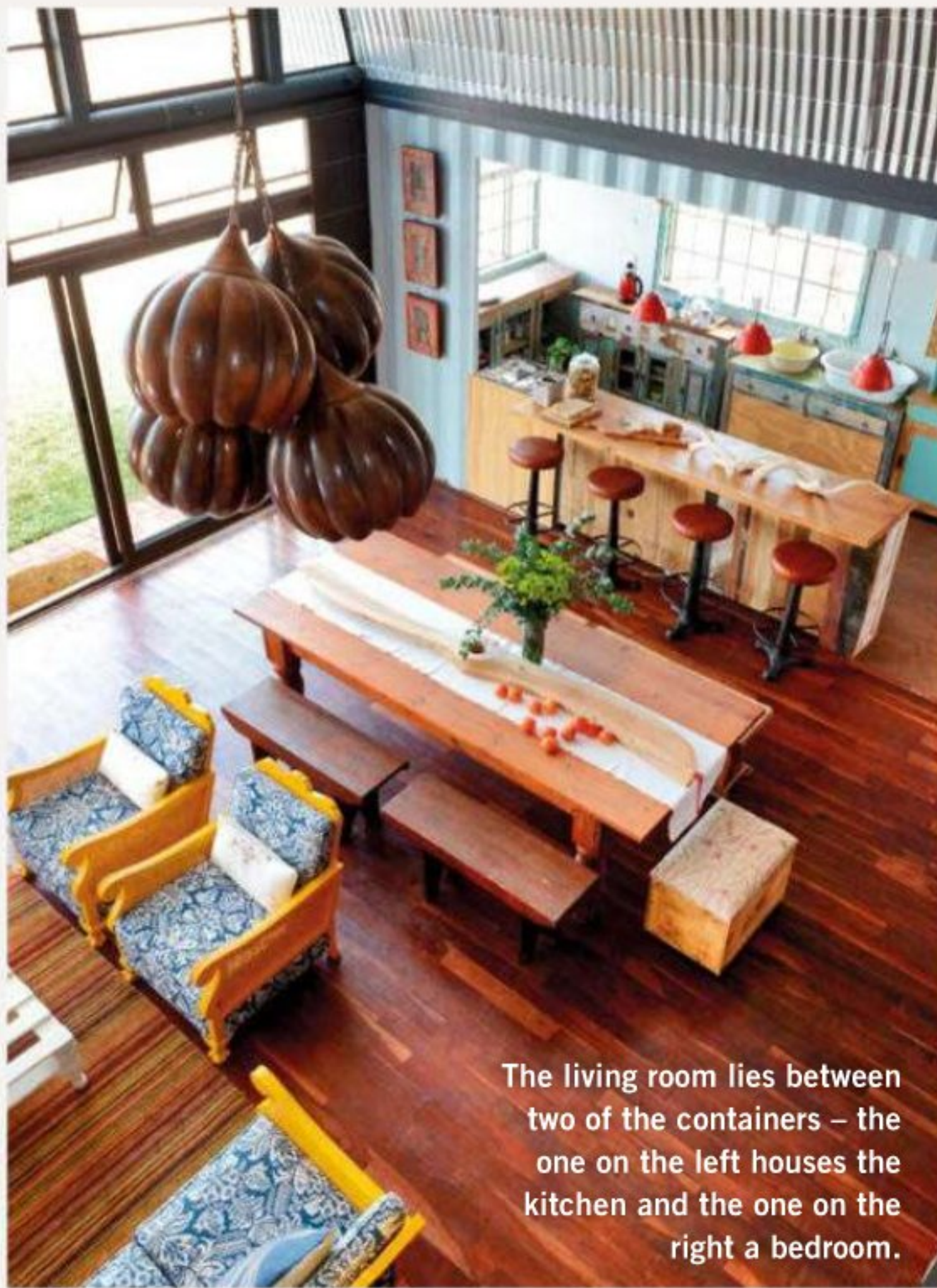
By Frieda le Roux • Photographs Elza Cooper
Styling Amanda van Wyngaardt

We left the doors unpainted to keep the container feel. We like this rustic element with the original serial numbers. – Marinda

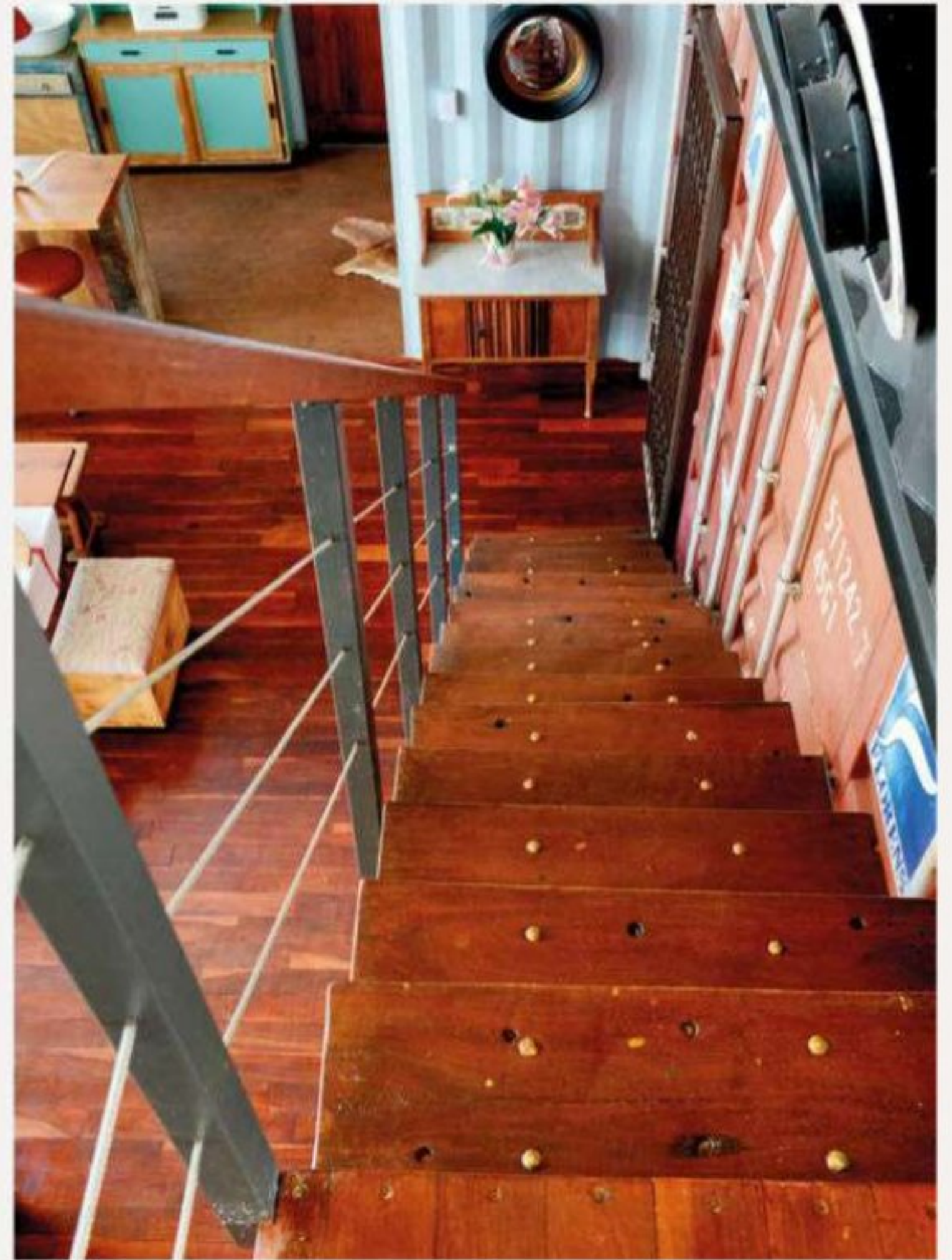
LIVING ROOM

In keeping with the look, the wall between the living room and garage was built with the container doors that the Turveys removed to make way for windows. The corrugated iron for the domed roof was bent into shape by a dam builder before being installed.





The living room lies between two of the containers – the one on the left houses the kitchen and the one on the right a bedroom.



Marinda Turvey of Modimolle had always wanted a house that was “different” and this spacious home, built with four old shipping containers, is certainly out of the ordinary.

“When my daughter Semona did her community service as an occupational therapist at the hospital in Modimolle in 2014, we built the ‘tin house’ here on our farm to accommodate her and her family,” says Marinda.

Although the construction wasn’t without its challenges, Marinda is very grateful for the fact that municipal approval wasn’t required for their project because the house is on a farm.

“I run a wedding venue, Tsekama, right across from our container home and once Semona had completed her hospital service year, we decided to rent out the house to guests.”

It was a formidable team that worked on the house. Marinda and Semona have degrees in the arts, while Marinda’s son Unetsie drew up the basic plans. “My son-in-law Charl, who works in the marketing industry, and his father Eugene Diener, who’s very artistic, also helped us with this project.”

A friend, Willie Laing, built the staircase and did the welding. And Marinda’s husband Willie? “He had to deal with all the practical and logistical arrangements!” >>

The bar counter (right) was the front fender of a truck in its previous life; Charl discovered it on a rubbish dump and repurposed it as a high-octane social hub.



KITCHEN

The window frames were all recycled from an old farmhouse in the area that was badly damaged in a fire. Marinda says they first had to sand and treat all the frames to get rid of the soot.

You can take a few risks with the décor for a project like this. *There's no right or wrong.* We like the combination of old and new, and everything happened organically.

— Marinda



The entire family was involved in the construction process. In front are Charl and Semona with little Sebastian; Charl's father, Eugene Diener, is behind them with Marinda and Willie Turvey.



Charl found the traffic light at Die Sinkhuisie Antiques in Pretoria and the cluster pendant light is from Arabesque. The large circular window above lets light into the corridor leading to the bedroom upstairs.



An old enamel bath serves as a kitchen sink.



Two single beds fit snugly next to each other in the ground-floor bedroom. >>

[THE NUTS AND BOLTS]

- Units are welded together or joined with sturdy bolts.
- Because the Turveys erected their container home on a farm, municipal approval wasn't necessary. If you do decide to build on a residential plot, planning approval from your local municipality is needed, and requirements might vary. An architect and structural engineer can help draw up the plans.



This door leads out onto the upstairs balcony.



The upstairs bedroom boasts its own balcony – in fact, the roof of the container below.

This white strip indicates where the containers have been welded together.

Recycle, recycle, recycle

Despite what one might expect of a container home, there's no shortage of texture here. "We love earthy elements and adore wood. The base of the containers was already a combination of wood and steel, so we left it as is," says Marinda.

They decided on a wooden floor for the living room and the window frames are also timber.

"I hoard everything I lay my hands on," says Marinda. "The shower cubicles are old diesel tanks we had here on the farm. We cut them open on one side and they actually 'hang' on the outside of the house – a real space-saver!" The pipes that support the domed roof in the living room are recycled borehole pipes that Willie found on the farm.

While it certainly is cheaper to build a house with containers than with conventional bricks and mortar, you still need to budget for other expenses, warns Marinda. One of the challenges was the narrow kitchen: Marinda had to search long and hard to find

the right cupboards to fit the space perfectly; she finally found them at Arabesque in Mossel Bay.

"It was a matter of trial and error; one has to dream up solutions for every obstacle you encounter along the way. For example, not only were the containers old but they also had indentations that we had to work around. And to protect them against the elements, they also had to be coated with rust-resistant paint on the outside."

But it was all worth it! "This space is unique – and it was a fantastic team project for the whole family." >>

[PLAN AHEAD]

You might struggle to find a bank that will finance your container home, so you may have to consider a personal loan. Some container companies work with an affiliate financial organisation that can assist. Units can also be insured.

BEDROOM

The main bedroom (*this page and opposite*) is on the upper level and boasts a bath in the en-suite bathroom (each of the other bedrooms only has a shower). Although the size of the containers limits one to a certain extent, the Turveys were able to fit everything in, thanks to careful planning.



The structure

The house consists of four shipping containers – two parallel to each other on the ground floor, with a high domed corrugated-iron roof that connects them, and two others stacked next to one another on top of the bottom two. Three of the bedrooms, each with its own bathroom, are on the lower level, while the containers on top house a large bedroom, sitting room and bathroom.

The space beneath the domed roof (between the two parallel containers) is a double-volume living room. “The vertical space makes the entire house seem much bigger,” explains Marinda. “We love the round shape – it also keeps the interior cool.”

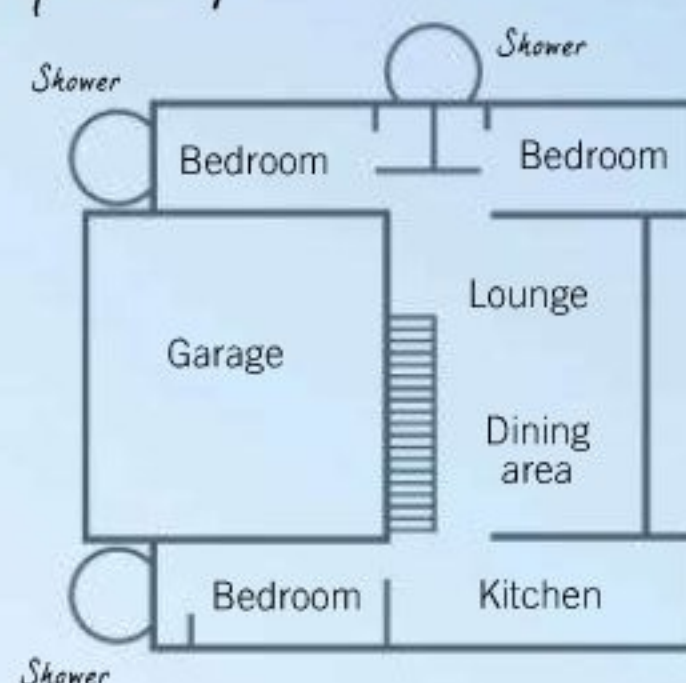
[THE NUTS AND BOLTS]

Because containers are modular, your home can be built according to your budget. If, for example, you can’t afford to have two joined or stacked on top of each other to create a multi-level structure, you could start off with just one container.

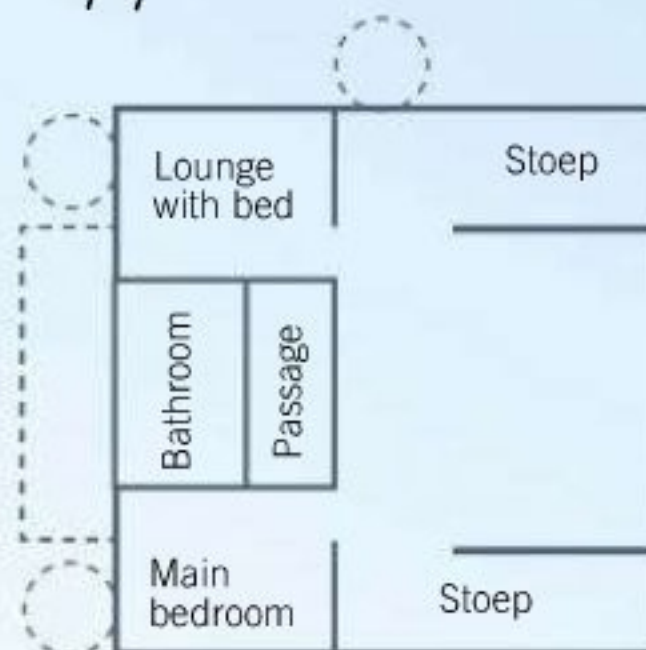
The Turveys’ 12m-long containers cost R220 000, including sound-proofing and insulation. They did the latter themselves with insulation material they purchased from Absolute Containers in Centurion, the same company that supplied the containers.

Berman-Kalil Housing Concepts offers a 12m one-bedroom unit for about R195 000 – this includes thermal insulation; a bathroom with a shower, toilet and basin; a kitchen with an electric oven, hob and extractor; vinyl flooring as well as aluminium windows and doors. 🏠

Ground floor



Top floor



These are the measurements for each of the four containers used for the Turveys’ home:

	(Outer)	(Inner)
Length	12.040m	11.880m
Width	2.440m	2.340m
Height	2.590m	2.340m
Weight	4.2 tons	
Area	28m ²	
Volume	68m ³	



STOCKISTS
Absolute Containers 087 231 1895, acontainer.co.za
Arabesque 082 494 6313
Berman-Kalil 021 612 0009, berman-kalil.co.za
Die Sinkhuisie Antiques 071 245 6179, sinkhuisieantiques.co.za
Tsekama 082 416 2363, tsekama.co.za

The shower cubicles are made from old diesel tanks that were on the farm.

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OUT OF THE **box**

A stylish – and eco-conscious – container home makes for **an unexpected getaway** in the little town of Botrivier.

By Kim Arendse • Photographs Francois Oberholster • Styling Shelly Bergh



The homeowner
Lucas Steyn
WHERE Botrivier
SIZE 60m²



Horizontal wooden poles that complement the natural surroundings were added to the outside of the unit purely for aesthetic reasons.



eco home

The cabin lights in this off-the-grid getaway are all solar-powered.



As an entrepreneur, Lucas Steyn is accustomed to spotting a good opportunity.

So when he came across a photograph of a used shipping container that someone had converted into a living space abroad, he wasn't just amazed by the idea – he was inspired!

"I became obsessed with used container conversions and the endless possibilities they present," Lucas says.

That was three years ago and since then the popularity of container housing has skyrocketed, thanks to its affordability and

sustainability. These days, containers not only house offices on building sites, but also create stylish modern living spaces.

In 2015, after plenty of research and planning, Lucas enlisted the help of sustainable housing company Berman-Kalil to set up this container unit on his family's farm in Botrivier. He promptly sold the nightclub he owned and now rents out this secluded getaway on a hill overlooking the picturesque town, its valley and river.

Five metre-wide stacking doors frame the expansive view of neighbouring farms in the valley, the Bot River and Houw Hoek mountain range. Lucas opted for a minimalist style: "I wanted everything to be open plan as it's a small space."

Interior walls painted with PowaFix Pure Acrylic Matt in the colour Sky Grey

[A SMART SOLUTION]


By re-using one 12m-long shipping container (Lucas used two of these), about 4 000kg steel is repurposed – so it's no wonder that container living is becoming increasingly trendy among eco-conscious homeowners. Containers are easily attainable via specialised companies such as berman-kalil.co.za, umnyamaikhaya.co.za, wolfpackrentals.com and newliving.co.za; waiting time after purchase can be anything from one day (if you buy the container only) to a few months, depending on your personal design requirements.

KITCHEN

In the kitchen, costs were kept to a minimum with the installation of affordable melamine cupboards and postform countertops. The cupboards were painted with leftover paint from the deck and exterior walls. Container floors can be rough and uneven, so a base of plywood was added before laying laminated vinyl tiles. >>

Breadbin from Home etc; tray from MRP Home; throw, glass vase, flowers and foliage from Woolworths, jug from @home; table and chairs from Chair Crazy





Braai area walls and container exterior painted with Powafix Wallshield Matt (tinted to a dark blue with a grey undertone)

Building the dream

"It all began with just a few printed images from the internet and a vague idea of how I wanted the end product to look," Lucas explains. Two containers (12m L x 2.4m W x 2.7m H) were welded together to create his home. "As with most construction projects, what was supposed to take two months turned into a four-month endeavour with plenty of blood, sweat and tears!" Lucas says.

Challenges included the fact that the plot is situated on the side of a hill; that it is far from the main infrastructure of the farm, so everything had to be brought up by tractor; and that for a long time there was no running water or electricity, so a generator had to be utilised. For Lucas, the process was all trial and error.

He didn't want to cut into the side of the hill to create the unit's foundations, so the container was placed on pillars positioned deep in the ground and secured with concrete and bricks. This resulted in the cabin's elevation in front. Inside, the container was insulated with mineral wool – heated materials spun into non-combustible wool, coated with a resin and compressed to become the finished product. The interior was then clad with recyclable MagnaBoard and the deck was created using a welded, square steel tubing frame and durable, low-maintenance balau.

Lucas named the unit Copia, Latin for "abundance", and is in the process of adding a few more units to grow his new business venture. >>

[A SMART SOLUTION]

If properly maintained, the lifespan of a shipping container is indefinite but it's important that rust spots are treated as soon as they appear. To increase its longevity, the container should be positioned on a solid foundation such as base blocks and, ideally, situated under a roof. Lucas added corrugated sheeting over the roof of his container home as an additional barrier against the elements; a space left in-between allows for air flow. The roof sheets were extended to cover the stoep. 🏠

OUTDOORS

The hot tub was designed by KolKol Mountain Lodge. It doesn't require installation or electricity – water in the tub is pumped from the nearby river and warmed by a wood-burning fire in a stainless-steel heat box.



STOCKISTS @home 0860 576 576, home.co.za **Berman-Kalil** 021 612 0009, berman-kalil.co.za
Chair Crazy 021 465 9991, chaircrazy.co.za **Copia Luxury Eco Cabins** 082 776 0278, copiaecocabins.co.za
Home etc. 021 551 3311, homeetc.co.za **KolKol Mountain Lodge** 076 913 6014, kolkol.co.za
Magnastruct 021 531 2145, magnastruct.co.za **MRP Home** 0800 212 535, mrphome.com
Powafix 0860 254 620, powafix.co.za **Woolworths** 0860 022 002, woolworths.co.za

Summer Living

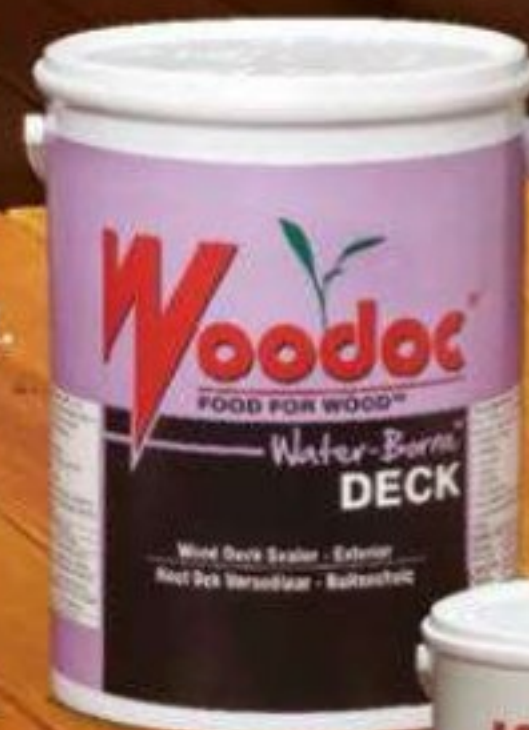


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Who lives here?

Gail and James Tinsley

WHERE Fish Hoek

SIZE 59m²



The interior is bright and airy with breathtaking views of the False Bay coast. The floor is an engineered French oak.

I love this approach to building – *you can redesign the door and window openings after the walls have gone up!* – James Tinsley



PLAYING IT cool...

Built from refrigeration panels, James and Gail Tinsley's "fridge cottage" is a **cleaner, greener building** with excellent thermal properties!

By Marian van Wyk • Photographs Justin Patrick



KITCHEN

The compact living area consists of a kitchen with new solid pine cupboards, a dining area and lounge.

When Gail and James Tinsley built their home on a steep sloping plot in Fish Hoek four years ago, James spotted an opportunity to make a childhood dream come true.

Having taken over Fish Hoek Refrigeration from his dad, James had always dreamt of building a cottage from refrigeration panels – and there was just the right amount of land available for a compact open-plan cottage with one bedroom.

Sounds crazy? Think again. Cool rooms are perfectly insulated with excellent thermal properties year-round. They're also water- and soundproof, and the building method is quick, clean and cost efficient at about R4 000/m².

When asked about the disadvantages, James looks surprised: "That's a good question. I'm trying to think..."

Having practically grown up in the refrigeration business, he has constructed numerous cool rooms for the restaurant industry and he's always thought that the

materials they use could be put to good use in other ways. "I thoroughly enjoyed applying my skills to a residential property; it was a great challenge."

In January 2015, James started construction on the "fridge cottage" which was pre-approved by structural engineer Paul Giloi, who also kept a close eye on the structural aspects of the process.

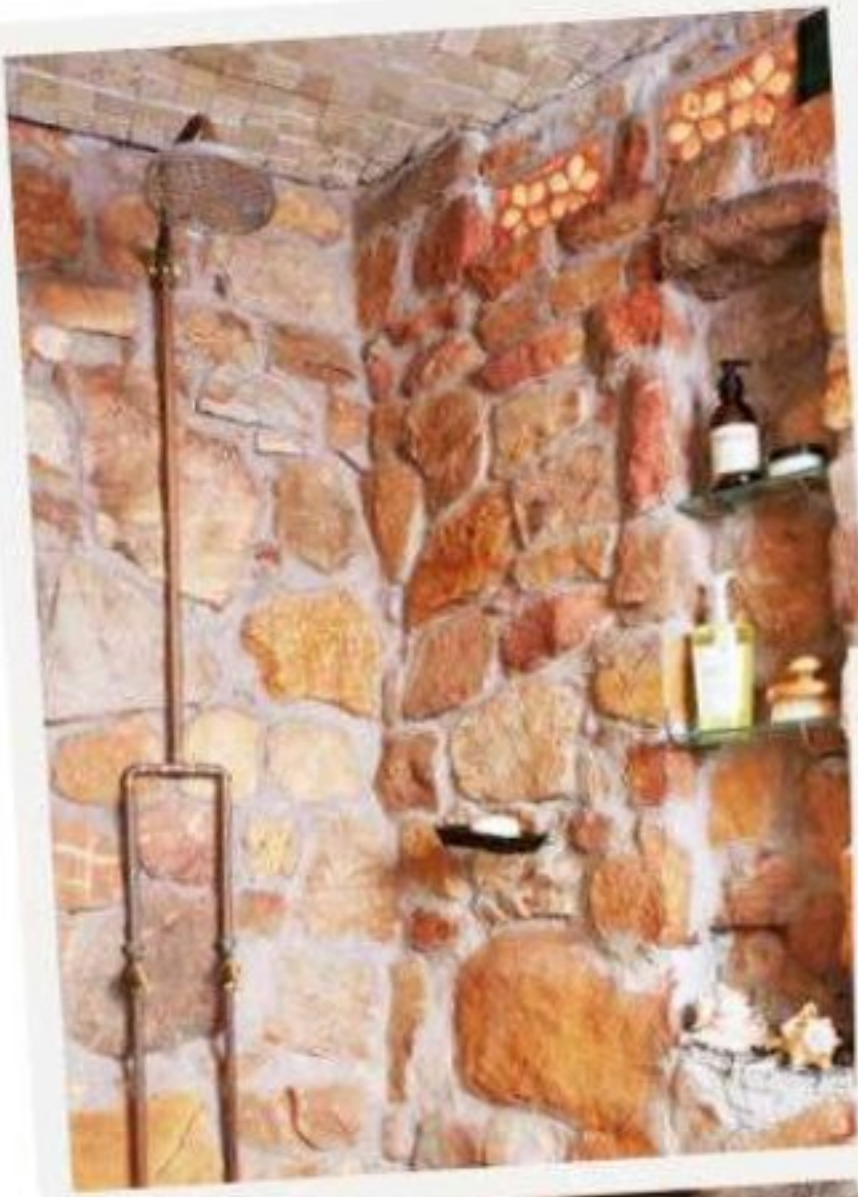
Although it could have gone up quicker, it took three months to build because James did most of the work himself when his schedule allowed.

"We initially built a single-storey cottage because we didn't want to spoil the sea views from our own home," James explains. "I'd say you can safely build up to three levels, as long as you work with a structural engineer." >>

I just love the cosiness of the cottage. It's so well insulated that one could easily become a recluse here, especially in the colder months! - Gail

BATHROOM

The shower was clad with rocks from the property; the copper plumbing is exposed because James didn't want to chase into the beautiful stone. The tiles on the shower floor are a mix of end-of-range buys.



Storage consists of a second-hand wooden cabinet and an alcove in the wall.



Mostly vintage finds, the furniture and accessories in this home are pieces Gail has collected over the years.



BEDROOM

The bedroom is open plan to the living area and a view of the ocean can be appreciated from the bed.

Throws and cushions from Arabesque



The additional thermal insulation provided by the refrigeration panels is *great for energy efficiency.*
– engineer Paul Giloi

A cleaner, greener construction method

The cottage is considered an ecofriendly building as there was no brickwork involved. Stones for exterior cladding were sourced from the site and a combination of repurposed and new refrigeration panels and window frames were used.

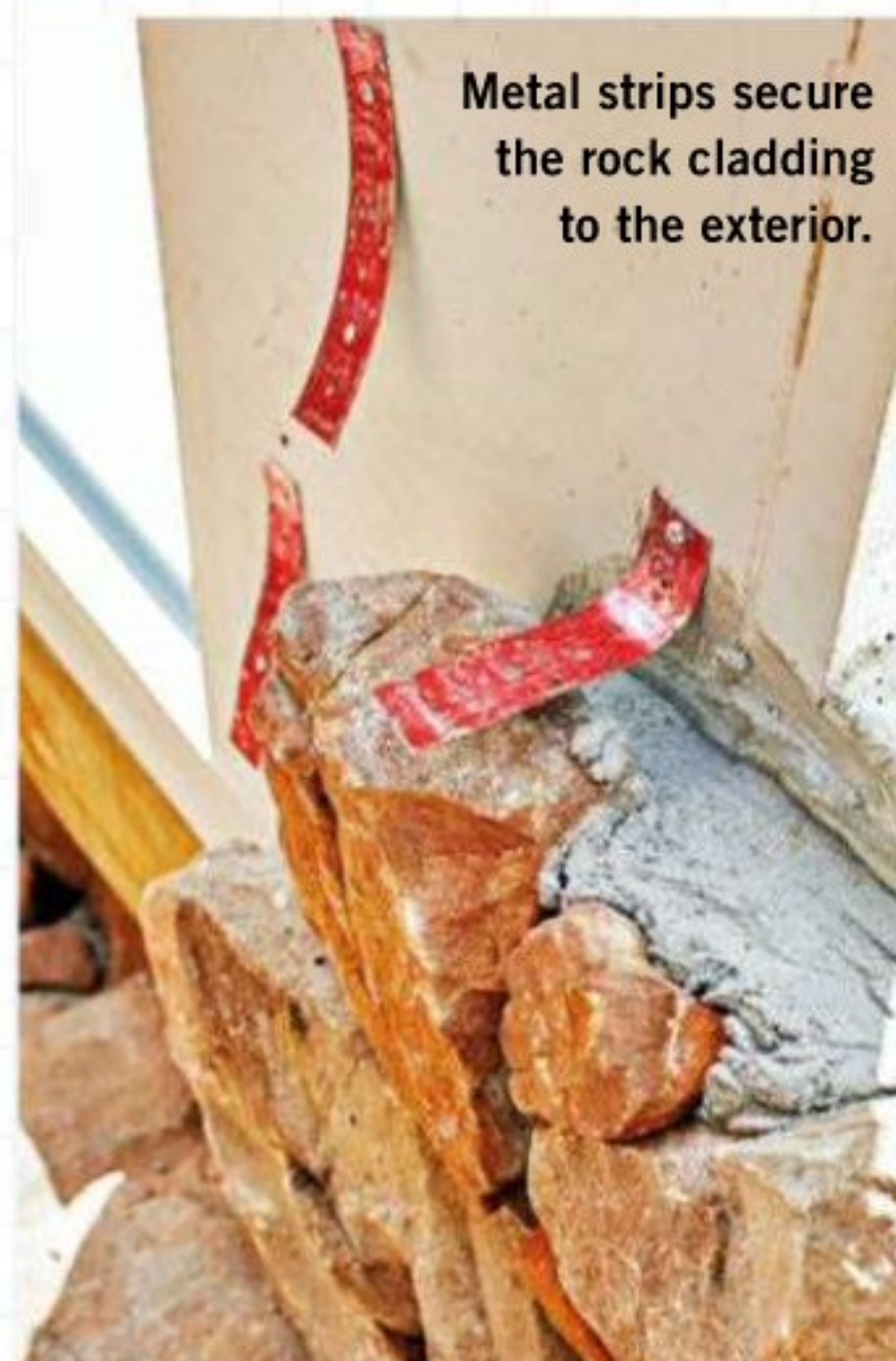
In short, the structure is made up of refrigeration panels with a core of polystyrene foam resting on a wooden structure secured by a concrete and gum pole foundation.

James explains the process

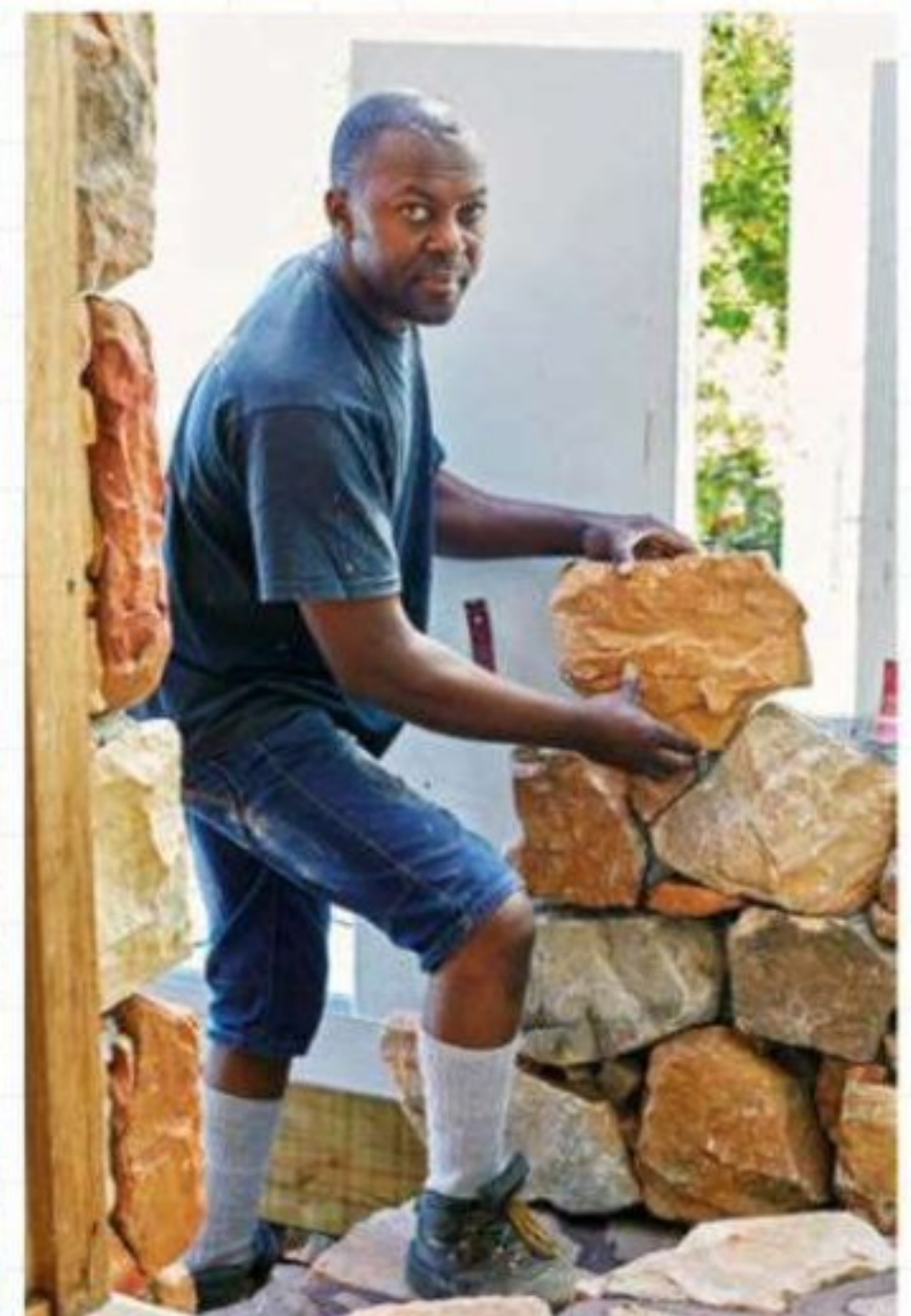
- We started off with a foundation built from 150mm gum poles set 800mm apart in concrete.
 - A wooden floor structure rests on this foundation and the refrigeration panels are secured to it to form the exterior walls. These panels clip together, in a similar manner to tongue-and-groove panelling, and are secured to the floor with steel angle strips with an anti-rust coating. Each refrigeration panel comes readymade with its own frame, which means they're so sturdy that no additional structural support is needed for the corners of the building.
 - Next, we cut out openings for windows and doors.
 - We reinforced the structure by securing steel strips to the interior and exterior refrigeration panels, both vertically and horizontally, and clad it with dry walls, leaving sufficient space for electrical conduits and plumbing behind them.
 - We screeded the dry walls with CreteStone on the interior; this is the standard finish for dry walls.
 - Stone mason Clemente Raimundo clad some of the exterior walls with rocks sourced from our property; the rock facing provides the structure with additional stability. The remaining exterior walls were clad with Nutec flat sheets (*see far right*).
 - The roof went up last. It consists of refrigeration panels with waterproof Chromadek roof sheeting on top.
- "The cottage is as waterproof as any cold room because the refrigeration panels come waterproofed by the manufacturer," James explains. 🏠

STOCKISTS Arabesque 021 424 1234, arabesqueshop.co.za
Clemente Raimundo 078 472 0553 **Fish Hoek Refrigeration**
(James Tinsley) 072 658 1114 **Paul Giloi** 072 255 5264

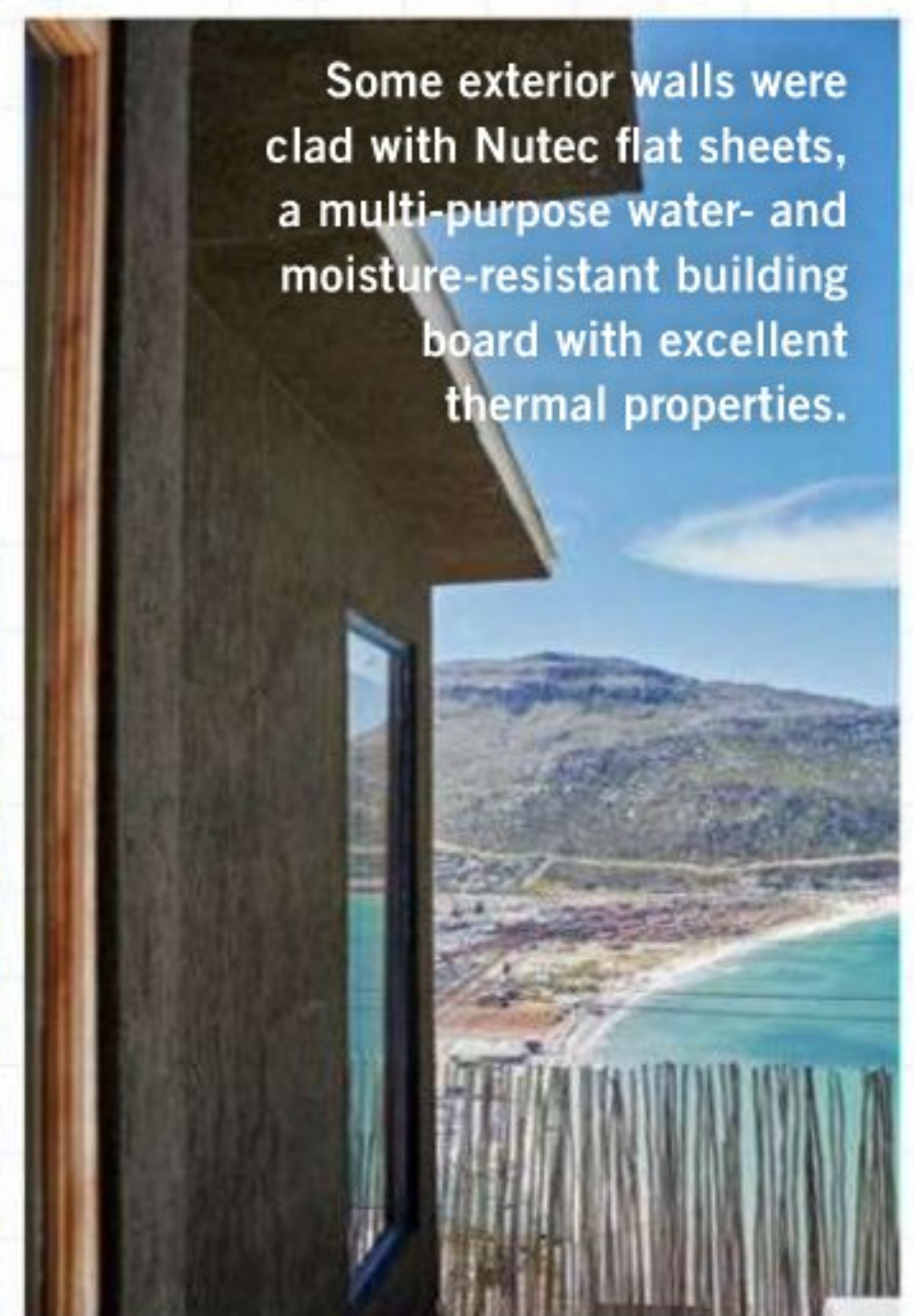
Some of the windows were second-hand buys.



Metal strips secure the rock cladding to the exterior.



Stone mason Clemente Raimundo at work.



Some exterior walls were clad with Nutec flat sheets, a multi-purpose water- and moisture-resistant building board with excellent thermal properties.

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Before...

...after!

Clear polycarbonate sheeting (1.2mm thick) fits the profile of the rest of the roof sheeting, which consists of 0.5mm-thick IBR steel plates. This allows more light into the studio space.



Who lives here?
Talita and Dion Röder
WHERE Ladysmith, KZN
SIZE ± 60m²

SINK or swim!

It took more than a year to convert an unused swimming pool into a studio – but the result is a work of art!

By Frieda le Roux • Stylist Marian van Wyk • Photographs ER Lombard

THE SPACE

The quality of the light – constant, clear light but no direct sunlight – is very important in an artist's studio. This space was designed to make the most of natural light during the day and ample blue-tinged artificial lights at other times.

THE ROOF

The roof has an incline of about 45°, giving the building a chapel-like appearance. "The trusses were constructed with steel square tubing made and installed by a friend. I didn't want ceiling boards and opted instead for white bubble foil insulation, which was put in before the IBR roof plates," Talita explains.

Talita specialises in printmaking – etching and lino printing – and also teaches drawing, painting and sculpture.





The shelves in the kitchenette were made from recycled Swedish pine crates that Talita got from a local factory.

As a child, Talita Röder – an artist and art teacher – used to help her father with renovation projects. “I was his right-hand man,” she jokes. Back then, her father remarked: “My girl, you have more guts than brains.” And when you look at her studio and realise that it was once a murky gunite pool, you can appreciate that this unusual and challenging renovation was a particularly bold move.

The pool was already on the property when Talita and her husband Dion bought it 10 years ago. “It was so overgrown that the previous tenants didn’t even know there was one,” Talita recalls. The Röders also had little use for it – so Talita seized the opportunity and suggested they fill it up and build a studio on top where she could work and teach.

At first, Talita’s strategy was to dig out the pool but the large gunite structure of 6m x 10m had been built to last – the only solution was to incorporate the existing structure into her plan. She recruited the help of bricklayer and general handyman Vincent Xhoza – and together, they set to work.

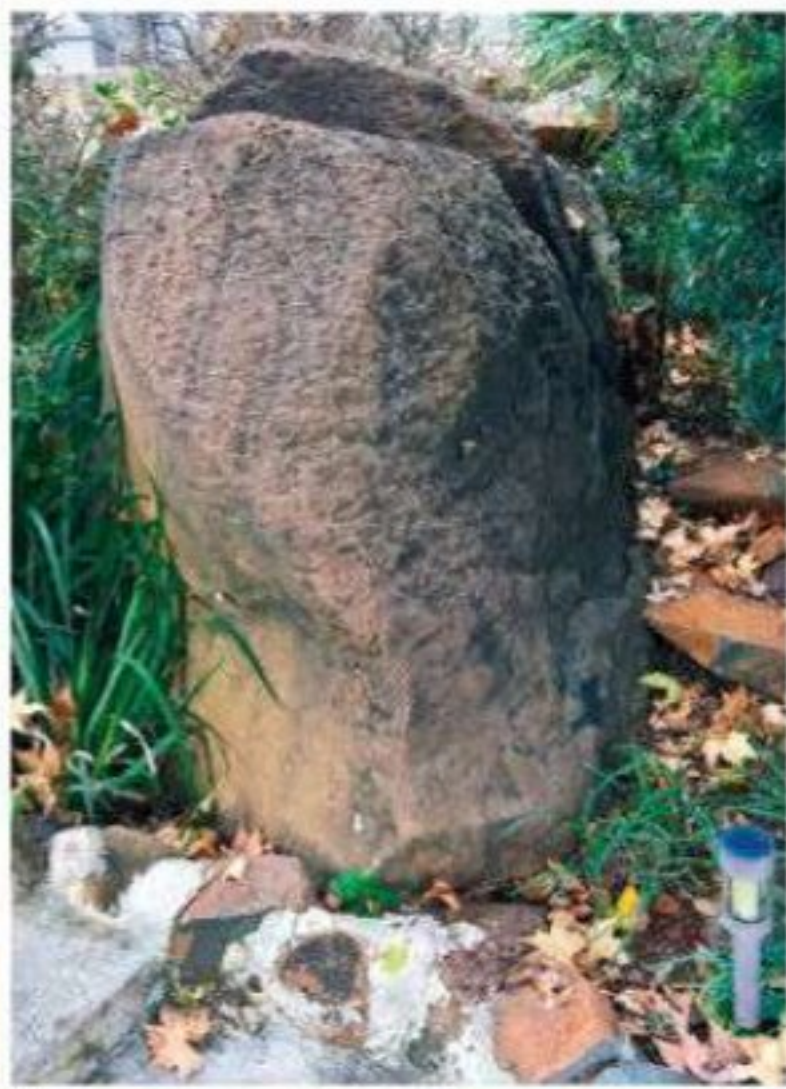
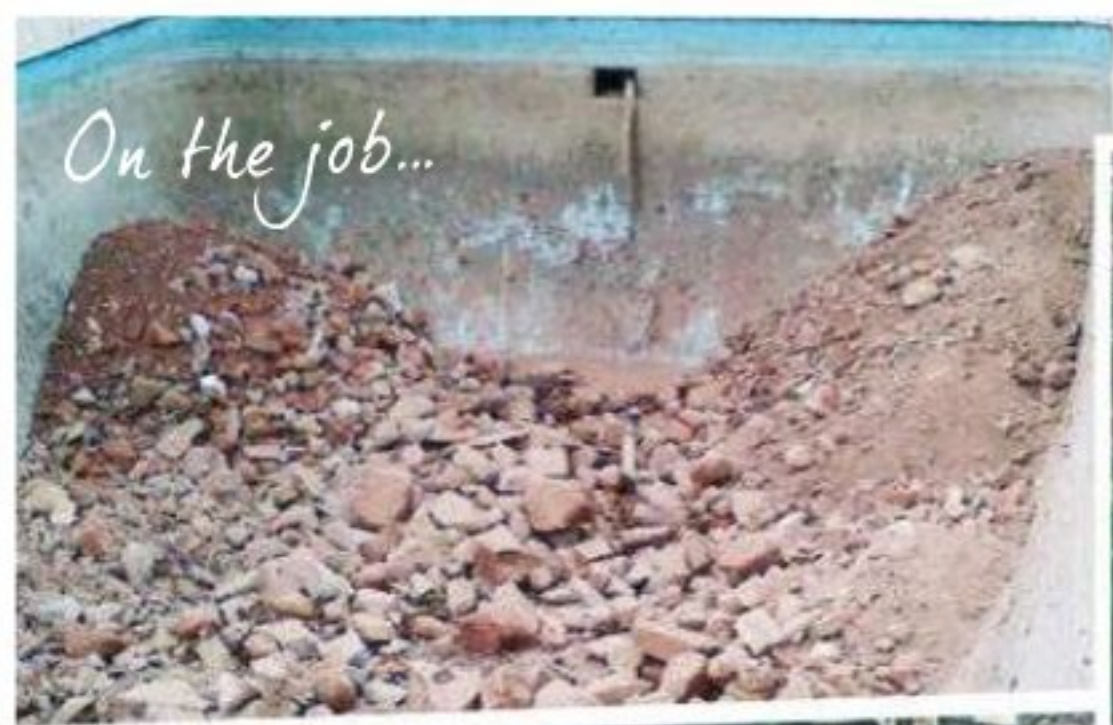
“Previously a building contractor, Vincent was much more than just a bricklayer. He was incredibly creative. In-between everything, I gave him art classes,” says Talita. Once the pool project was complete, Vincent went on to teach arts and crafts at a school for mentally-handicapped children. Sadly, he passed away last year.

The pool was situated on a slope and rocky terrain, making it impossible to bring any large equipment or trucks in to fill the hole.

Talita says the only solution was to use some of the boulders around the pool – most likely remnants from when the pool was built – and bring in smaller pieces of rubble by wheelbarrow.

The wheelbarrow plan was cumbersome – it took them more than three months. During this time, Talita had to undergo a shoulder operation. “While they broke up the boulders, my shoulder healed, enabling me to get stuck in and help again!” she says with a laugh. >>

The front of the cast-iron bath (above) was cut out with a heavy-duty grinder and the edges were smoothed; it was painted with the mixture used on the studio floor: bonding liquid, grey stoep paint and turps.



The low wall was once the inside edge of the swimming pool.



Unable to move the boulders they wanted to use to fill the pool, Talita and Vincent gently heated them with fire and then poured cold water over them, making them crack into smaller pieces. "Vincent brought a relative along to help with the process and to move the more manageable pieces that were left."

A labour of love

Once the pool had been filled, Talita had a very clear idea of what the studio should look like. She made a freehand drawing of the building she envisioned, which she then handed to a draughtsman to prepare for municipal approval.

But yet another challenge lay ahead: in order to dig the foundations on the outer rim of the original pool walls, it was necessary to use a large jackhammer to get into the solid rock. "It took another month of jackhammering to dig the foundations and pour the concrete – once again, in wheelbarrow-loads only."

Talita loves recycling and it was inevitable, she says, that they would use materials that were collected and saved from previous projects – or begged, borrowed and appropriated from "all over the place". Bricks, including rock-hard 100-year-old Dundee bricks, were used to build the foundations up to floor level. The floor was poured in sections to allow for expansion and smoothed *in situ* as Talita was keen on the look of exposed concrete.

"Then we could start building the actual studio," she says with a sigh of relief. With help from Talita, Vincent and his cousin set about laying bricks and hoisting buckets of cement. The initial plan was to use Winblok glass brick windows, but when they couldn't source any locally, Talita opted for locally manufactured aluminium windows, which worked out cheaper than buying and transporting the Winblok system all the way from Gauteng.

The studio was formally opened in December 2014. "Since then, we've had an annual working studio exhibition in November every year. This was undoubtedly the most challenging of all my building and renovation projects to date. It took a year of hard labour, long hours and a vast amount of cement," says a proud Talita. "In the end, it turned out exactly as I had visualised it: chapel-like, semi-industrial, hard-wearing and with an ambience second to none."

Talita swapped the pool pump for old wooden double doors and a frame. "To give the building character, these doors were cleaned up a bit but largely left in a naturally weathered state."

Renovators' notebook

"Recycle" and "upcycle" were the buzz words for this budget-savvy and ecofriendly project.

Total cost: R123 000

Roof (materials and labour)	22 000
Aluminium windows	13 000
Building materials (cement, stone, bricks, Brickforce, interior paint and bonding liquid)	40 000
Electrical fittings, air-con and installation	16 000
Labour	32 000

[FINE FINISHES]

Interior walls Artist Canvas by Plascon

Exterior walls Plastered smoothly then covered with another coat of plaster sludge. Once dry, it was sealed with several layers of Talita's own mixture of bonding liquid, varnish and turpentine.

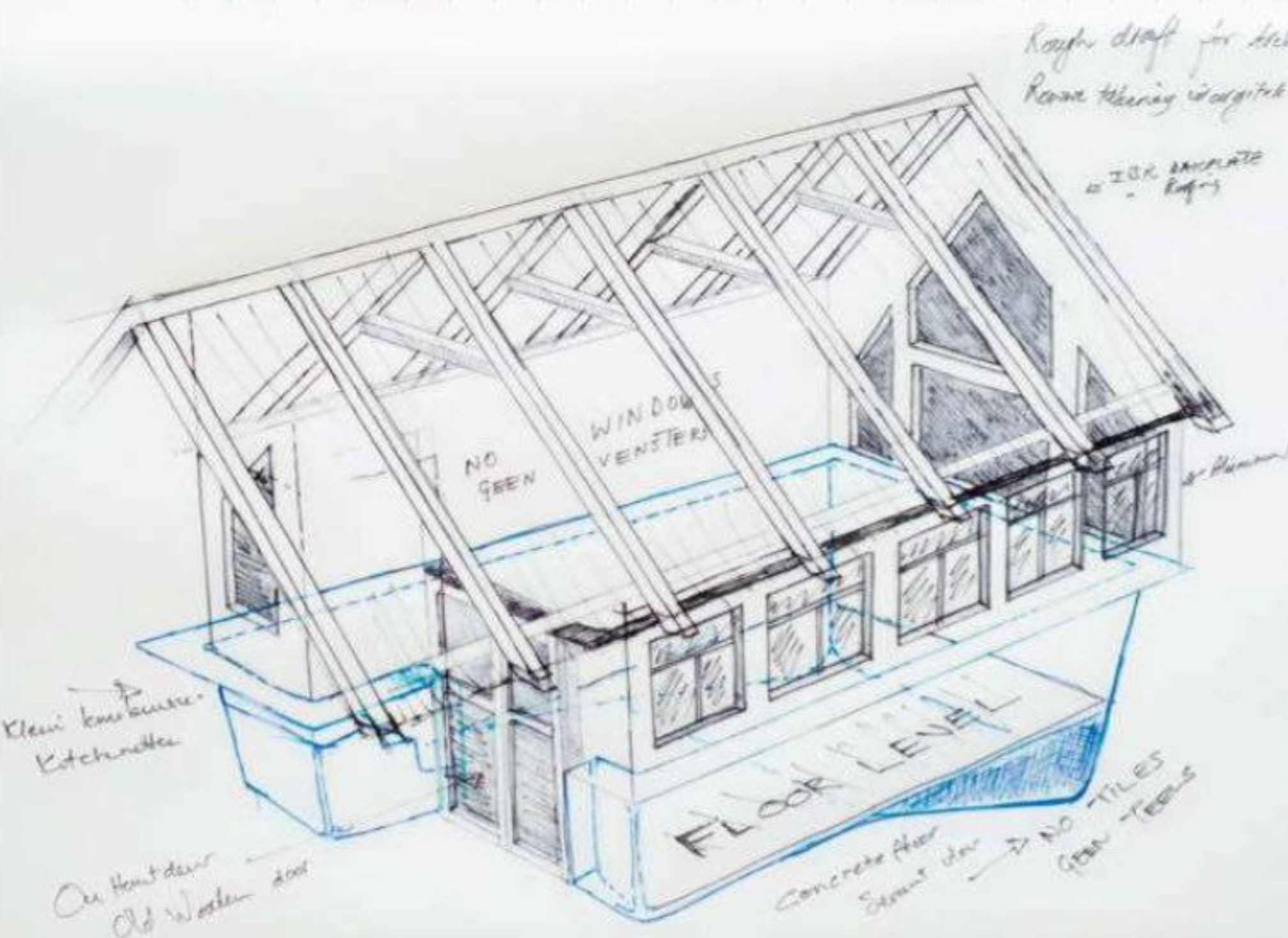
Concrete floor A mixture of bonding liquid, grey stoep paint and turpentine.



Talita and Moya the Great Dane



The slate on the steps was repurposed from the pool surrounds.



Q&A

with Talita

How many renovations have you worked on? I'm a serial renovator!

Since childhood, I've worked on many projects with my parents – so it's nothing new to me. This is about the seventh project I've done on my own.

Was this one the most labour intensive?

Yes; because no trucks or heavy equipment could enter the site, everything was done manually.

The size of the boulders was enough to scare anybody off!

In retrospect, is there anything you'd do differently? I wouldn't change a thing.

Every visitor remarks on the quiet soulfulness of the studio and people find it difficult to believe that it was once a swimming pool.

Any cost-cutting tips? Plan, plan, plan; and, of course, recycle and upcycle. Visit building sites and find out whether they have leftover materials such as bricks, sand, stone and tiles that they are willing to sell or simply give to you. 🏠



CONTACT

Facebook/Talita's Art Studio

COMPETITION

home FIX IT WITH FLAIR



Meet our TOP 10!

What an exciting variety of entries we received for our 2017 *Fix it with Flair* competition...

It's the *Home* team's favourite time of the year: judging the entries in our annual *Fix it With Flair* competition! We wait excitedly for entries to close so we can see what readers have been up to.

And we weren't disappointed. Every year, the bar seems to have been raised higher with even more moving stories, resourceful solutions – and, of course, beautiful living spaces from entire homes to individual rooms. While the *Home* team carefully went through all the entries, the selection of semi-finalists was hotly debated – there could, after all, be only 10!

This year's rules stipulate that at least 50% of the work has to have been done by the homeowners. We checked – and double-checked – the budgets and our Top 10 certainly know how to roll up their sleeves and get stuck in to make their rands and cents go further.

VOTE & WIN

Just like last year, *Home* readers also have a say in who will become a Top 5 finalist. Whoever gets the most reader votes in the Top 10 immediately qualifies for one of the spots in the Top 5. Best of all? There are great prizes up for grabs for those who vote online.

Here's how:

- 1 Go to fixit.tuis.co.za. Click on 'Top 10'.
- 2 Select your favourite, click on the 'Vote Now' button, enter your email address, then click on 'Submit' and you're done!
- 3 Voting is open from 12:00 on Monday, 14 August to 12:00 on Friday, 1 September.

→ Here's our shortlist in no particular order:

#1



WHO Michael and Antonia Astrup
WHERE Blairgowrie, Johannesburg
WHAT Entire home
COST R719 100

#2



WHO Herbert and Marlene Trollip
WHERE Paarl
WHAT Kitchen
COST R79 750

Each of these 10 semi-finalists will receive a R3 000 voucher from BU CO and Timbercity!

#3



WHO Wynand and Nicola Pretorius
WHERE Stellenbosch
WHAT Bathroom
COST R18 480

#4



WHO Jacques Müller and Justin Duckitt
WHERE Nieu-Bethesda
WHAT Entire home
COST R60 450

#5



WHO Nuno and Ramona Afonso
WHERE Johannesburg
WHAT Kitchen
COST R60 900

#6



WHO Danie and Felicia Kotze
WHERE Durbanville
WHAT Kitchen
COST R48 150 >>

7

Keen to see more
photos of our
Top 10? Go to
fixit.tuis.co.za.
Remember to share
your favourites
on Facebook!



Before

WHO Len and Faith Du Plessis
WHERE Knysna
WHAT Entire home
COST R119 200

8



Before

WHO Jurgen and Narine Prins
WHERE Ladismith
WHAT Entire home
COST R87 730

9



Before

WHO JD and JR Reverchon
WHERE Hoedspruit, Limpopo
WHAT Living area
COST R238 500

10



Before

WHO Andrew and Sonja van Zyl
WHERE Roodepoort
WHAT Kitchen
COST R53 700 🏠

Join us at the Cape Homemakers Expo!

Enjoy *Home*'s best DIY and cooking demonstrations in the *Home* demo theatre at this exciting annual event.

Over the years, *Home* has become an institution at The Cape HOMEMAKERS Expo – and this year is no exception! This much-anticipated event is back at the Cape Town International Convention Centre and it's set to be even bigger than before!

Pop in at the expo, which runs from 31 August to 3 September, and find us in Hall 4 opposite the restaurant. You can take part in our fun, free and informative demonstrations, take a break with the team and get to know us a bit better, and enjoy our delicious home-baked treats!

Shelly Bergh



Deon de Goede



WHAT HAPPENS WHEN...

Home entertainment – with coffee! The Gap Coffee Company shares its secrets, tips and creations! With their non-traditional products, even a novice can make a delicious cup of coffee like a professional barista.

Thursday	Friday	Saturday	Sunday
10:15 – 11:00	10:15 – 11:00	10:15 – 11:00	10:15 – 11:00

Food demos Be inspired to go home and cook up a storm.

Thursday	Friday	Saturday	Sunday
11:30 – 12:30	11:30 – 12:30	11:30 – 12:30	11:30 – 12:30

Makeovers *Home* contributor Shelly Bergh takes the stage to demonstrate quick and easy makeovers. Watch and learn how to make a cement pendant light, a wall decoration using Xanita board and a nifty storage box with rope.

Thursday	Friday	Saturday	Sunday
13:00 – 14:00	13:00 – 14:00	13:00 – 14:00	13:00 – 14:00

DIY with Deon de Goede *Home*'s DIY Deon will show you how to make a nesting table, a TV unit from crates and a tray for knives, step by step.

Thursday	Friday	Saturday	Sunday
15:00 – 16:00	15:00 – 16:00	15:00 – 16:00	14:30 – 15:30

The Gin Master Class Locally produced Triple Three Gin offers a Master Class with tastings; discover all the different ways to enjoy your gin.

Thursday	Friday	Saturday	Sunday
17:30 – 18:30	17:30 – 18:30	17:30 – 18:30	16:00 – 17:00

SPECIALS AT THE EXPO

- **Subscribe** to TuislHome and get 30% off – this is a once-off offer and only valid for print subscriptions paid for at the Cape HOMEMAKERS Expo. On digital subscriptions the discount is 40%.
- If you missed one of our **special issues**, such as *Home Décor Basics*, *Home Paint It* and *Home Kitchen*, pick up a copy at the show while stocks last.
- Take advantage of our **special offer**: visit our stand and get any four back issues (*Paint It*, *Yard*, *Kitchen*, *Décor Basics*) for just R100 – this includes a free shopping bag! The October issue, hot off the press, will also be on sale a week early for visitors to the expo.

In partnership with



The expo runs from 31 August – 3 September
at the Cape Town International Convention Centre.

With so much to take in, we want you to be able to take it all home.

Weekend feels with everyday prices!

Printed cushion
55 x 55cm

for only

R129⁹⁹



- ① Pink faux fur cushion 50x 50cm **R199.99** ② Ombre faux fur cushion 40x 60cm **R199.99** ③ Cotton throw 140x 180cm **R199.99**
④ *Charleston 3 seater 240 (l) x 90 (w) x 92 (h) cm **R6000** 2 seater **R5000** ⑤ Pillar candle 14cm **R49.99** 7cm **R29.99**
⑥ Wooden love sign **R99.99** ⑦ Wooden plaque **R79.99** ⑧ Glass timers **R159.99** (Available in white and grey)
⑨ *Sage damask rug 200 x 280cm **R3500** ⑩ *Lisbon chair 65 (l) x 63 (w) x 80 (h) cm **R1400** ⑪ Metal and glass hurricane **R79.99**
⑫ Clear ribbed bud vase **R39.99** ⑬ *Gold Mirror **R1300**

Product available from 24 August 2017, while stocks last. *All items marked with an asterisk and furniture are available online at mrphome.com or in selected [mrphome](http://mrphome.com) stores.



Scatter cushions 101

From feminine floral designs to bold geometric patterns, we show you how to breathe new life into your décor with cushions in all shapes and sizes!

By Marian van Wyk
Photographs Francois Oberholster

We love the way Jane's choice of cushions and textiles adds personality to an ordinary sofa.



Classic and contemporary

A combination of cushions with a classic botanical print and broad stripes works surprisingly well with an African throw and a more contemporary fabric on the coffee table in Jane Linley-Thomas's living room. The look is unusual, but it works because all the textiles feature the same coral shade. This creates the sense of cohesion that's essential when mixing motifs and patterns.



#2

One motif, many sizes

When mixing floral motifs in the same muted palette, keep it interesting by varying the scale of the design on different cushions. If the scatters also boast a variety of sizes and shapes, like on Liesl Rheeder's stoep in Panorama, even better. >>

Similar cushions available from Plan B Vintage and Strand Trading Post; side table from Chair Crazy

[FOR A SOFT TOUCH]

- Everything in moderation. Cushions should not only be beautiful, but also practical and functional. A deep sofa is more comfortable if you have a cushion behind your back. But if you see your guests shifting cushions around to find a seat, it's time to pare down. The same goes for a bed – you don't want to have to rearrange a pile of scatters every morning and evening.

#3

Repeat a colour for contrast

Striking geometric patterns remain popular and cushions offer a clever way to simultaneously include eye-catching patterns and a trendy accent colour in your décor. Jane Linley-Thomas of Durban used a mint-green geometric pattern as a bold contrast to the dark grey wall in her bedroom. The same mint-green and grey is repeated in the cushion on the right – a successful combination!

Tribal cushion R440, sugartongtong.com; word scatter R100, MRP Home; chevron cover from R270, zanaproducts.co.za; striped cover with feather inner R285, Biggie Best

- Avoid a row of almost identical cushions that are “perfect partners”. The secret to an interesting effect lies in the shapes, colours and textures you combine. As designers like to say: if it does not go, it goes.
- If you mix motifs, combine different prints in different scales, such as fine ethnic patterns alongside larger, busier botanical prints. Make sure that an accent colour is repeated in each cushion, albeit subtly.
- Geometric patterns are easy to combine. Stripes, dots, zig-zags, diamond shapes and hexagonal patterns all go well together.
- Stripes are so classic they can serve the same purpose as a plain, neutral fabric. Use them to your heart's content with multicoloured motifs.

Leaf scatter R320
sugartongtong.com;
Scribble cover with
feather inner R285,
Biggie Best

Feather your nest

Cheaper scatters from chain stores are often lovely, but can become flattened within months. The trick is to replace the cheap filling with a feather inner after a while. A feather cushion is more durable, much more comfortable and never loses its shape. If it does look a little flat after a lengthy lie-in or visit, simply give it a shake to plump it up and it'll look as good as new.



Splash out!

Fauna cover (50 x 50cm)
R450, shop.handmadebyme.co.za



Macro Fern cover
(50 x 50cm) R450,
shop.handmadebyme.co.za



Bird cover (50 x 50cm)
R149, H&M Home



Leaf-print cover (50 x 50cm)
R149, H&M Home



Striped cover with inner
(60 x 60cm) R180,
MRP Home



Patterned cover with
inner (60 x 60cm)
R180, MRP Home



Cherry.Studio knot cushion
from R320, knus.co



Yoruba cover with inner
(60 x 60cm) R380,
sugartongtong.com



Diamond cover with feather inner
(55 x 55cm) R292, Biggie Best



Rectangular cover with inner
(60 x 40cm) R150, Coricraft



Patterned cover (50 x 50cm)
R80, H&M Home



Lattice cover with inner
(60 x 60cm) R320,
sugartongtong.com



Cover with ears (40 x 40cm)
R80, H&M Home



Zig-zag cover (50 x 50cm)
R80, H&M Home



Bargain!
Circle patterned cover
(50 x 50cm) R80, H&M Home



Triangle cover (45 x 45cm)
from R220, zanaproducts.co.za



#4

Tip the scales

Scatter cushions can easily become predictable, but not if you combine prints in different scales, as Lauren Frates of iSpy in Knysna has done in her main bedroom – here, a graphic floral design has been offset to great effect by a finer traditional pattern.



Floral cushions from iSpy; wall painted in Dulux Winter Teal 4

We love how Lauren used square and rectangular cushions together to add interest.



Doreen de Waal has combined monochromatic scatters with pops of bright colour in her Cape Town loft. The colour is subtle, but the contrast is so intense that it immediately draws the eye. She has used stripes in different widths and the cushion designs are black on white, while the blanket has white stripes on a black background.

Photograph Greg Cox/BureauX

#5

For contrast

A classic black-and-white décor scheme is timeless, but scatters can inject a fresh, playful feel. The brighter the colour, the more intense and dramatic the contrast against the neutral palette. 🏠

Colourful scatters brighten up the grey palette on Jane Linley-Thomas's stoep (above) while enhancing the outdoor feel.



Three cushions on the left from Skinny laMinx

STOCKISTS

Biggie Best 021 534 8662, biggiebestwebshop.co.za
Chair Crazy 021 465 9991, chaircrazy.co.za
Coricraft 021 508 5200, coricraft.co.za
H&M Home 086 0690 707, hm.com/za
iSpy hellopretty.co.za/i-spy
MRP Home 0800 212 535, mrphome.com
Plan B Vintage 082 491 3677, planbvintage.co.za
Skinny laMinx 021 424 6290, shop.skinnylaminx.com
Strand Trading Post 079 904 0615

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*BOSCH recommends OMO Auto Liquid for **TOUGH STAIN REMOVAL.***

* Removes up to 99.99% of bacteria as verified by the German Institute wfk.



Shelly Bergh

GET CRAFTY WITH *cork*

By Shelly Bergh • Photographs Francois Oberholster

Make a handy pinboard for
your study or kitchen.

QUICK PROJECT GUIDE

Hard labour 1/10

Skill level 1/10

Time needed 3 hours

Do it yourself for

±R512 (cork tiles

R220 per pack,

carpet tape R72)



Lamp from Woolworths;
ice cream pen-holder and
A4 notebook from CNA;
bunny pen and white
storage box from MRP
Home; desk from @home;
chair from Chair Crazy

You will need

SHOPPING LIST

- repositionable spray adhesive
- 2 packs of cork tiles
- leftover paint in the colour of your choice; we used Annie Sloan Duck Egg
- carpet tape (very strong double-sided tape)

TOOLS

- craft knife
- steel ruler
- cutting mat
- paintbrush

GET STARTED



1 Download the template we used from homemag.co.za and cut it out with the craft knife and steel ruler. **2** Spray the template with the adhesive and position it on a cork tile.



3 Use the craft knife and steel ruler to cut out the shapes from the cork; you should fit two shapes per tile. Repeat on all the tiles until you have 39 diamonds. **4** Paint 13 of the diamonds.



Tip A pinboard is a must if you're serious about getting organised; this way, you can keep all your ducks in a row – and it looks good too!



5 Attach the diamonds to the wall with the carpet tape in a geometric tile pattern. 🏠

STOCKISTS Chair Crazy 021 465 9991, chaircrazy.co.za CNA cna.co.za MRP Home 0800 212 535, mrphome.com
Woolworths 0860 022 002, woolworths.co.za



Deon de Goede

BACK TO *basics*

Make a trendy bed base that looks just like an oversized pallet.

If you're in Cape Town from 31 August - 3 September, catch Deon in action at the Tuis|Home demo theatre at the annual Cape Homemakers Expo; turn to page 63 for details.



Sieza pendant from Minima; bedside lamps, cushions, throw and quilt from Woolworths; rugs, dark grey pillow slips, sheet and basket from MRP Home

By Deon de Goede • Photographs Francois Oberholster • Styling Marian van Wyk

You will need

SHOPPING LIST

- one 1 800mm length planed pine (69 x 94mm), cut into nine blocks of 150mm each (supports)
- six 2 400mm lengths planed pine (22 x 94mm), cut into six lengths of 1 870mm each (long base pieces)
- fifteen 1 800mm lengths planed pine (22 x 94mm), each cut shorter to 1 370mm (slats)
- two packets of 8mm x 40mm chipboard screws
- five castors with plates (get two castors with brakes)
- 120-grit sandpaper

TOOLS

- cordless drill and 3mm drill bit
- pencil
- tape measure
- multi-square
- wood clamps

Project notes

- Ask your timber merchant to cut the wood to size.
- Sand the planks beforehand.
- Remember to drill pilot holes.
- Adjust the length of the slats for a queen- or king-size bed.
- Use wood clamps if you're a novice or working alone.

GET STARTED...



1 Screw three of the 69 x 94 x 150mm blocks between two of the 22 x 94 x 1 870mm planks – one block at each end and one in the middle. Repeat this method to make the other two base structures.



2 Screw three of the 22 x 94 x 1 370mm slats at a right angle to the three base structures (at each of the block struts) to form the bottom of the bed base.



3 Turn the base over and space the remaining twelve 22 x 94 x 1 370mm slats at a right angle across the top of the bed base.

Tip Use a piece of offcut wood, 70mm wide, as a spacer.



4 Turn the base over again and screw a castor into each corner, as well as one in the middle of the bed for extra support. 🏠



Tip
Place the two castors with brakes at the foot of the bed; this makes them easier to reach if you want to move the bed. Paint or varnish the wood in the colour of your choice; we decided to keep it natural.

QUICK PROJECT GUIDE

Hard labour 4/10

Skill level 4/10

Time needed ± 2 hours

Do it yourself for

± R1 800: wood

R1 500, screws R75,

castors R230



Wood supplied by Buco

CONTACT AND STOCKISTS Buco 011 847 7300, buco.co.za Deon de Goede 084 589 5026, deon@diydeon.co.za
Minima 021 788 2515, minima.co.za MRP Home 0800 212 535, mrphome.com Woolworths 0860 022 002, woolworths.co.za



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you something that looks good
and feels even better.

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thing you can
always count on.

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100% cotton
textured duvet
cover set

for only
R499⁹⁹

D R599.99 Q R659.99
K R699.99 SK R759.99

- ① Gallery frame 40 x 50cm **R299.99** ② Stemmed fishbowl vase **R199.99** ③ Gold pyramid decorative **R159.99** ④ Small gold decorative orbit **R129.99** Medium **R159.99** ⑤ Textured cushion 60 x 60cm **R399.99** ⑥ Woven blackout curtains 140 x 225cm **R359.99** each ⑦ Shaggy rug 120 x 180cm **R1200.00** ⑧ Beaten bronze plate **R299.99**

6

Some feelings
never fade.

PREMIUMRANGE
Three quarter
waffle weave
duvet cover set
for only
R699⁹⁹

D R759.99 Q R799.99
K R859.99 SK R899.99

8

be inspired, follow us on



shop online 24/7

mrphome.com

Furniture and homeware available in selected stores.
Product available from 24 August 2017, while stocks last.

 **mrphome**



Ask the experts

Compiled by Kim Arendse

Keen to reupholster a tired old chair or want to know what to plant for shade? You ask – we find the answers.

New look for an old chair

Ingrid Nuy of Cape Town writes

I'd like to reupholster a chair I acquired many years ago when I was living in digs. My mother thinks it's the ugliest chair she's ever seen; she calls it "Toad of Toad Hall". I think it has history and character, and it's rather comfy, but the fabric is faded and old. I'd like to cover it in an affordable fabric that matches either a soft green, nature-inspired palette with pops of blue, soft pink and neutrals, or something more neutral with pops of pink and grey. After its makeover, the chair will sit in the "office corner" of our bedroom; I will actually sit and work in the chair with my laptop resting on my lap. Any advice?



- 1 Antique Rose in Duck Egg R475,
- 2 Herringbone Ticking in Grey R420,
- 3 Rhapsody in Coral R495,
- (all from biggiebestwebshop.co.za)
- 4 Botanical Protea in Mint R289,
- 5 Indian Block in Sage Green R349,
- 6 Spotted Leaf in Duck Egg R289,
- (all from constantiafabrics.co.za)

- You already know that your chair is comfortable; that's enough reason to hold on to it!
- Upcycling is good for the environment. As for fabric choices, I'd recommend a motif rather than a plain look. If you're going to work from your newly upholstered chair, a motif will disguise any dirty marks better than a solid colour.
- For a nature-inspired palette, consider an antique rose motif; if you're keen on a more contemporary 'local is lekker' look, opt for fynbos. Stripes are fun and timeless too. Grey is the new neutral and soft pinks and various shades of blue are right on trend. Any of these looks can be brightened up with a scatter cushion and a throw, or by covering the buttons in a contrasting colour.
- If you want to go bold and quirky, opt for different fabrics on each component of the chair such as the base, armrests, seat, backrest, etc. For this, a coherent colour scheme would be essential; consider a mix of stripes, delicate floral motifs and bolder ones.

Do send us a photo of the end result!



→ **Marian van Wyk,**
creative editor of Home,

replies Reupholstering your chair will transform this toad into Prince Charming and make for an attractive focal point in your bedroom.

Unfortunately, this can often cost the same – or even more – than a new chair from a chain store. However, the cost is not the most important consideration. Here's why I'm a fan of reupholstering older pieces, no matter how sad they look:

- Older furniture is usually well made and sturdy. If your chair hasn't fallen apart over

the past 20 years, it has a strong frame and it will probably last another 20 years.

- When you buy a new armchair, there's often no information about the quality and composition of its upholstery fabric. If you choose your own fabric, you will know all the details – right down to how many rubs it will survive. Rubs is an industry quality measurement standard and each fabric's number of rubs is determined by the manufacturer's extreme abrasion test, where a testing pad passes back and forth over the fabric until it is worn out. Each back and forth pass is known as a double rub.

Paint it perfect

Annette Nel of Benoni writes On **page 55** of your March 2017 issue you feature a very beautiful cabinet. Did the homeowner paint it and if so, which paint and technique did they use?



→ Homeowner Jako Lee says he bought it as is from Asmat Trading in Durbanville, Cape Town. But it is possible to achieve the look using furniture paint too! **Annie Sloan suggests** that you paint your piece of furniture with a base coat of Annie Sloan paint in the colour Original and wait about 20 minutes for the paint to dry. Once dry, apply a coat of Annie Sloan Clear Soft Wax. Once the Clear Wax has been applied, apply a liberal coat of Annie Sloan Dark Soft Wax. Then use the Clear Soft Wax again to remove any excess Dark Wax until you're happy with the finish.

CONTACT anniesloansa.co.za



In a spin

Carmen Langeveldt of Pretoria writes Over the past year, we've become a more eco-conscious household. We're a big family so while I don't want to do without a tumble dryer, I'd like to replace ours with one that is more ecofriendly – what should I look out for?

→ **Paul Dimaio, founder and owner of Spindel, replies**



The most energy-efficient tumble dryers are called heat pump dryers; they recycle the heat generated during the drying process and can reduce energy consumption by as much as 50%! Many of the tumble dryer brands highlight the model's energy consumption on their packaging, so you can make a comparison. However, more energy-efficient dryers will carry a significantly higher price tag.

Alternatively, you could look at a spin dryer, like the Spindel laundry dryer, which uses spin power instead of heat. They use less than 1% of the energy consumed by tumble dryers and are safe for even delicate fabrics such as winter woollens and underwear. It only takes a few minutes to remove about 80% of the moisture left in fabrics after your washing machine cycle, so you can air-dry laundry in a fraction of the time. If you don't have the space to air-dry, then the Spindel can reduce your tumble drying time by up to 70% – so you could keep your existing tumble dryer and still have the most energy-efficient solution.

The other advantage of spin dryers is that they are very compact and portable, and easily fit into a cupboard. A 4.5kg-load Spindel spin dryer (54.6cm H x 36.2cm W) costs about R2 000.

CONTACT 0860 555 135, spindel.co.za >>

Quick questions



Patterns for a pool

Nicolene van Eck writes We have cement blocks around our pool and I'd like to paint a pattern on them with a stencil. Can you recommend a water-resistant paint that will survive the elements?



→ Lisa Spaarwater of Lemon & Lilac Paint Techniques replies Cement is very porous, so any water-based paint will work well.

Just give the paint enough time to dry (24–48 hours) before water is splashed on the blocks or anyone walks on them, and seal them with a clear outdoor sealant such as Neutron Alkali Resistant Sealer for cement surfaces.

Follow this advice for neat stencilling:

- 1 Apply a repositionable spray adhesive to the back of the stencil to hold it in place.
- 2 Use undiluted paint that can be applied fairly dry with a sponge roller. Work from the outside of the stencil inwards.
- 3 If you'd like to bring in a second colour, use a small artist's brush and do it freehand. Have fun!

CONTACT lemonlilac.co.za >>



Did you know? Annie Sloan paint can also be used outdoors. It doesn't have to be sealed, but it may bleach slightly in the sun. If you wish to seal the cement blocks, try clear Rystix Timbacare Exterior Sealer.

Weekend project

Make a fun floating shelf!

ALCOLIN PROMOTION

You will need

- two pine offcuts: 22 x 69 x 500mm and 22 x 144 x 500mm
- a piece of plywood, also 500mm long
- jigsaw
- Alcolin Fast Set Wood Glue
- hooks and wall plugs
- about 1.5m strong twine



1 Draw a scalloped pattern on the plywood and cut this out with a jigsaw. Using Alcolin Fast Set Wood Glue, join the small offcut to the back of the wide plank; also glue the scalloped edge to the front of the plank.

2 Clamp and allow the glue to dry. Hang the shelf up on your wall with the hooks, wall plugs and two lengths of twine.

Stash it or trash it?

Out with the old!

Troy Thomson of Benoni writes We're redecorating our dining room and I'd like to sell these items as they no longer suit the look of our space; what do you estimate I could get for them?



→ **Adrian Bolt of Ashbey's Galleries replies**

Your two pieces of furniture are both very interesting.

The chestnut wood dresser is French and was made in the Brittany region of western France for export to the Eastern market, particularly Turkey.

Its notable features are the finely modelled tiles set into the doors and the 'broken arch' pediment which derives from Classical Greek and Roman architecture. The stylised waves indicate a probable coastal area of manufacture.

CIRCA 1890

VALUE R15 000



Your modern folding bar is of Eastern manufacture, probably Indonesia. The ebonised surfaces ornamented with brass devices certainly make it a handsome piece that commands attention.

CIRCA 1975 – 2000

VALUE R15 000

CONTACT ashbeysgalleries.co.za



JJ's corner

Berries for the birds

Albin and Sanet Bowler of Cape Town write We have a beautiful lantana in our garden and the birds seem to enjoy the berries but we're concerned that they may be poisonous; are they?

→ **JJ replies** Your plant is unfortunately the highly invasive *Lantana camara*. It has been declared a Category 1 invasive species in South Africa, which means that it must be removed from your property to avoid prosecution. This plant is a problem because it competes with and replaces indigenous species, reducing the biodiversity of natural ecosystems. The entire plant is poisonous to humans and animals and the leaves are a skin irritant. For more information, go to invasives.org.za.



Lukas Otto

For some shade...

Albie van Zyl of Cape Town writes I recently bought a home in the northern suburbs of Cape Town.

The sand in the front is very dry and there's basically no garden. It gets a lot of sun during the day, so I'd like to plant some trees for shade; what do you suggest?

→ **JJ replies** Most plants prefer sandy soil with good drainage and air circulation. That being said, you must still incorporate a good amount of compost. For a front garden, I recommend forest elder (*Nuxia floribunda*), cheesewood (*Pittosporum viridiflorum*), lavender tree (*Heteropyxis natalensis*) or Cape holly (*Ilex mitis*). The Cape ash (*Ekebergia capensis*) will also provide good shade. Excellent evergreen options are water berry (*Syzygium cordatum*) or an avenue of sand olive (*Dodonaea viscosa* var. *angustifolia*). If you need a hedge, a row of Cape honeysuckle (*Tecoma capensis*) will do well. 🏡

CONTACT JJ van Rensburg is a horticulturist at Garden World in Johannesburg; visit gardenworld.co.za.



Listen to JJ's gardening tips and tricks on Derrick Gardner's show *Brekfis met Derrick* at 07:40 every Saturday on RSG.

Tecoma capensis



David Dixon/Getty Images

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Animal antics

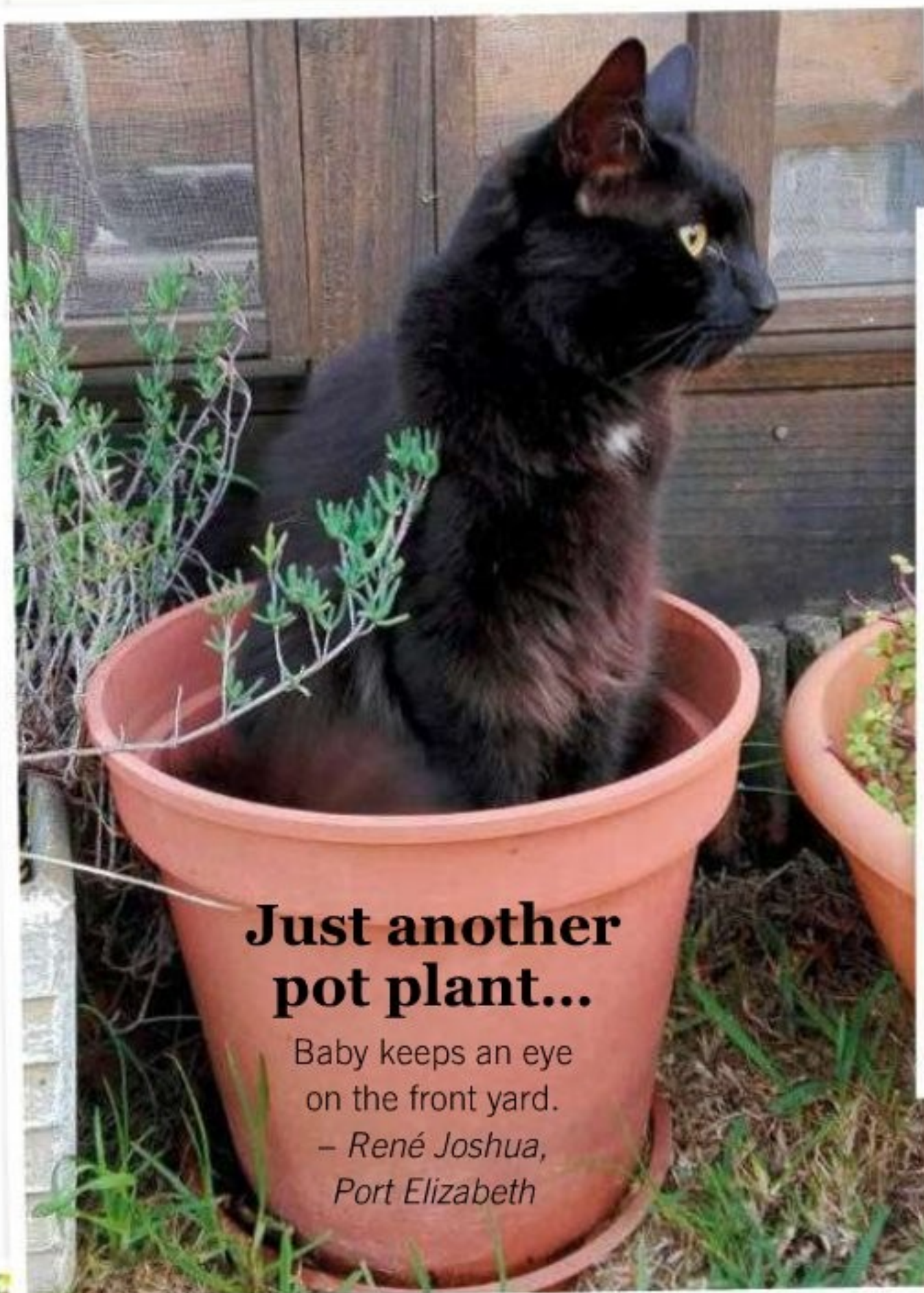
Compiled by Beatrice Moore-Nöthnagel
(and her Beagle, Frodo)

These guys have a spring in their step!



Come clean

Snowy Young is trying his best to hide from granny and her comb.
– Corrie du Plessis, Roodepoort



Just another pot plant...

Baby keeps an eye on the front yard.
– René Joshua, Port Elizabeth



The pawfect spot!

Peanut found the most colourful place in the garden for his new lookout.
– Rose Clark, Pretoria



It's so blooming lovely!

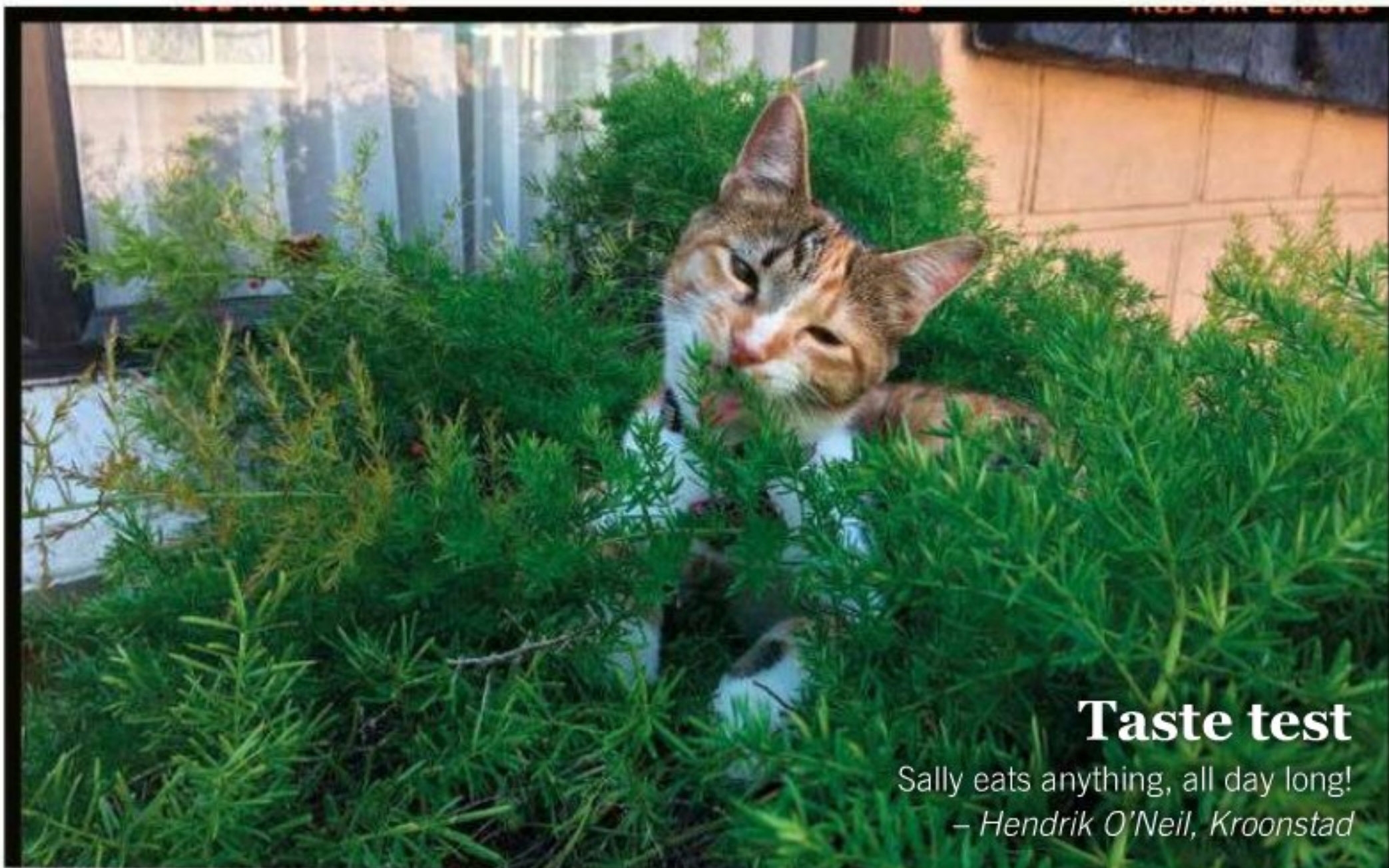
One-year-old Taro loves to frolic among the West Coast veld flowers.
– Ronel Vorster, Melkbosstrand

New on the market



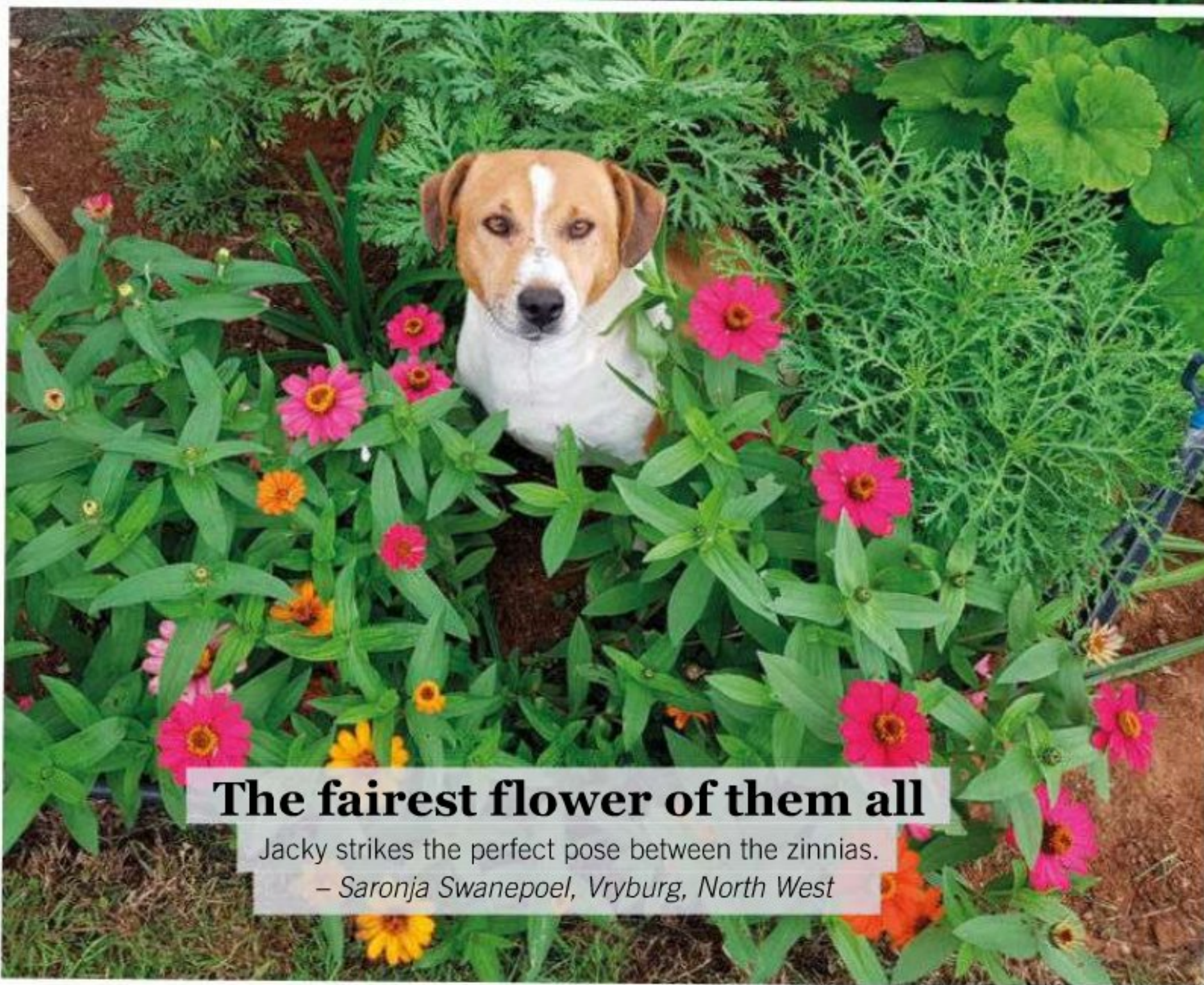
A Cat in a Flat's wall-mounted Art Panel (R3 622, acatinaflat.co.za) allows kitties to climb on the various shelves or use them to perch up high or enjoy a quiet nap. Locally manufactured from pine plywood, it is finished with natural materials to keep it

as toxin-free as possible. The large back panel functions as a blank canvas for a DIY artwork application, a painting or a vinyl graphic.



Taste test

Sally eats anything, all day long!
– Hendrik O'Neil, Kroonstad



The fairest flower of them all

Jacky strikes the perfect pose between the zinnias.
– Saronja Swanepoel, Vryburg, North West

WIN!

Each owner whose pet is featured here wins an extra-large Lazy Lounger for dogs or a medium Cupcake bed for cats from Wagworld (wagworld.co.za). Available from leading vet and pet shops, the light and comfy Lazy Lounger with its modern geometric design is recommended for indoor use; it's perfect for a daytime nap or a good night's rest. The Cupcake bed is a favourite with smaller breeds as well as cats. Send your pics (at least 2MB each) and contact details to pets@homemag.co.za – you could be a winner too! See competition rules on [page 127](#).

Proudly South African!



Q&A

Massage for pets

Mandy Grobler of Cape Town writes

I've heard about massages for pets that help with stiffness and anxiety. What's it all about and how does it work?



→ Lorren Barham, owner and animal hydrotherapist at Pet Wellness Worx, replies

Pet massages may seem like a strange concept to some, but they are often used for professional or working dogs

that need help recovering after injury or surgery. In our practice, we do medical *Tui Na* massage, a complementary therapy that has a positive influence on both the physical and psychological well-being of your pet.

These are some of the benefits:

- Improves connective tissue and increases joint mobility.
- Encourages flexibility and range of movement in joints.
- Helps to reduce muscular tension and soreness.
- Helps to reduce swelling and excessive scar tissue, and aids recovery.
- Eases muscle spasm and muscular pain.
- Warms up muscles before exercise.



- Encourages relaxation by regulating the heartbeat and respiration rate, and improves blood circulation and lymph drainage.

If you answer yes to any of the points below, your house pet could benefit from a massage:

- Is your dog hyperactive?
- Does he have behavioural problems?
- Is your dog nervous or anxious, or does he suffer from stress?
- Is your dog elderly or suffering from stiffness?
- Does your dog have mobility problems?
- Is your dog recovering from illness or injury?
- Does your dog have musculoskeletal problems?
- Has your dog recently had surgery?
- Is your dog a large breed?

Treatments typically range between 15–30 minutes, depending on the needs of your pet. A referral from your regular veterinarian, while preferable, isn't necessary. 🏠

CONTACT

021 558 4518, petwellnessworx.co.za



WIN! A Penguin Random House book hamper worth R1 500!

The kids are in for a treat this month as they get to discover the thrills of 3D augmented reality with *My Little Pony: Where Equestria Comes to Life* by Caroline Rowlands, try to unravel the secrets of a mysterious island in *Minecraft: The Island* by Max Brooks and enjoy classic tales written by various authors in *The Big Book of Animal Stories*! For the rest of the family there's *Softness of the Lime* by Maxine Case, *Sugar-free and Carb-conscious Living* by Monique le Roux Forslund, *Nicole* by Richard Peirce and *The Break* by Marian Keyes. Happy reading! **The reader who sends in the first correctly completed crossword drawn will win a Penguin Random House book hamper worth R1 500;** see our competition rules on [page 127](#).

Send the completed crossword, and your details, to **Home Crossword #106**, PO Box 1802, Cape Town, 8000, or scan in your completed crossword and email it to competition@homemag.co.za to reach us by 30 September 2017.

Name Address

Postal code Tel. (h) Tel. (w) Email

WIN

A trip for two to the Tour de France 2018!

Hansgrohe, as sponsor of the Bora-hansgrohe cycling team, offers *Home* readers the chance to experience this exciting and inspiring race first-hand!

The Tour de France, which takes place in July every year, is the highlight of the international cycling calendar – it's not just the world's biggest bike race, it's also the largest annual sporting event on the planet.

The lucky winner of **hansgrohe's Shower Like a Champion** competition will jet off to France with a friend or loved one for the experience of a lifetime.

HOW TO ENTER

- Purchase a hansgrohe shower product at any participating retailer before 31 December 2017; find a stockist near you at hansgrohe.co.za.
- For every R1 000 you spend, you get one entry – so the more you spend, the better your chances of winning!
- Scan the QR code (on the right) for the entry form.

YOU CAN WIN...

Grand prize A trip for two to the Tour de France 2018, including flights and a Bora-hansgrohe VIP package.

Value R100 000

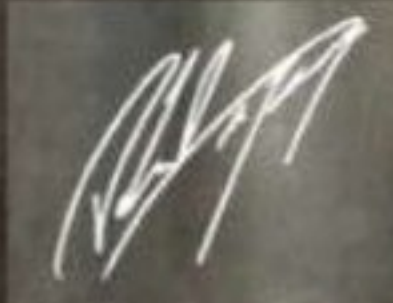
2nd PRIZE A Specialized road bike

Value R50 000

3rd PRIZE Bora-hansgrohe cycling kit and hansgrohe Raindance Showerhead

Value R10 000

All entries will also be entered into a monthly lucky draw for the duration of the competition; winners will receive a Bora-hansgrohe replica jersey.



Peter Sagan
UCI Road World
Champion
2015/2016

Scan this QR
code for the
entry form.

Competition rules

- 1 This competition is open to anyone in South Africa except employees of hansgrohe, the competition sponsors, their subsidiaries, promotional and advertising agencies and immediate family members.
- 2 Prizes will be awarded to the first correct entries drawn and winners will be notified telephonically or via email.
- 3 The decision of the organisers is final and no correspondence will be entered into.
- 4 Prizes cannot be amended, transferred, extended or exchanged for cash.
- 5 The sponsors are responsible for fulfilment of the prizes and *Home* cannot be held responsible for problems or delays in delivery of prizes.
- 6 The winner will be selected in January 2018.
- 7 For more details, go to hansgrohe.co.za – find the Shower like a Champion competition under the tab Contact us/Support.



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road bike worth
R50 000

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and receive one entry for
every R1 000 you spend.

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France
2018



GRAND PRIZE
Trip for 2 to the 2018
Tour de France worth

R100 000

3rd PRIZE
Bora-hansgrohe cycling
kit bundle worth
R10 000

Find hansgrohe on Facebook or call 086 1111 941.



Spring has arrived
at Endeberi Forest,
with the trees
bursting into bud
and the azaleas
and rhododendrons
in full bloom.

Who lives here?

Jamie and Tessa Chance

SIZE OF GARDEN

About 36 hectares

WHERE Lidgetton Valley,
KwaZulu-Natal Midlands

A GARDEN *for* **all seasons**

Endebeni Forest is **a delight for the senses**, all year round.

By Marié Esterhuyse • *Photographs* Sally Chance



Camellias do well
in Endebeni's
moderate climate.

The park-like garden at Endebeni Forest is a sight to behold in every season – as one swathe of colour gently fades, another is about to burst forth.

"Each season is amazingly beautiful with something special in flower," says homeowner Tessa Chance. "The previous owners, who developed the garden, made sure there was an abundance of colour in all four seasons." Tessa and her husband Jamie bought Endebeni Forest in the KZN Midlands in December 2016 and plan to retire there one day. "We feel truly blessed to now be part of Endebeni Forest's history. I adore gardening and find it very therapeutic. Both my mother and mother-in-law were avid gardeners; it has definitely brushed off on me."

Endebeni Forest feels just like an English park garden. It consists of woodland areas that include, among others, an indigenous yellowwood forest, an orchard of Japanese flowering cherries, flowering shrubs by the dozen and open fields overlooking a pond bedecked with water lilies. The temperate climate, with high summer rainfall and mist that cools the air at certain times of the year, is ideal for this type of seasonal garden – no month of the year will leave you disappointed. >>



Japanese flowering
cherry (*Prunus
serrulata*)



Strawberry tree
(*Arbutus unedo*)



Japanese flowering
cherry blossoms
starting to unfurl.

*The orchard of
Japanese
flowering cherry
trees is breathtaking.*



I grew up in a rambling farm garden. *It was beautiful and lots of fun!* I adore the massive old trees; they're so full of character. – Tessa

Endebeni is a *gardener's* paradise! – Tessa



Shrubs such as a white snowball bush (*Viburnum macrocephalum*), maroon berberis (*Berberis ottawensis purpurea* 'Superba'), light pink Japanese flowering cherry (*Prunus serrulata* 'Ichiyo') and purple-leaved plum (*Prunus cerasifera* 'Pissardii') with its darker pink blooms behind provide a colourful welcome along the driveway.

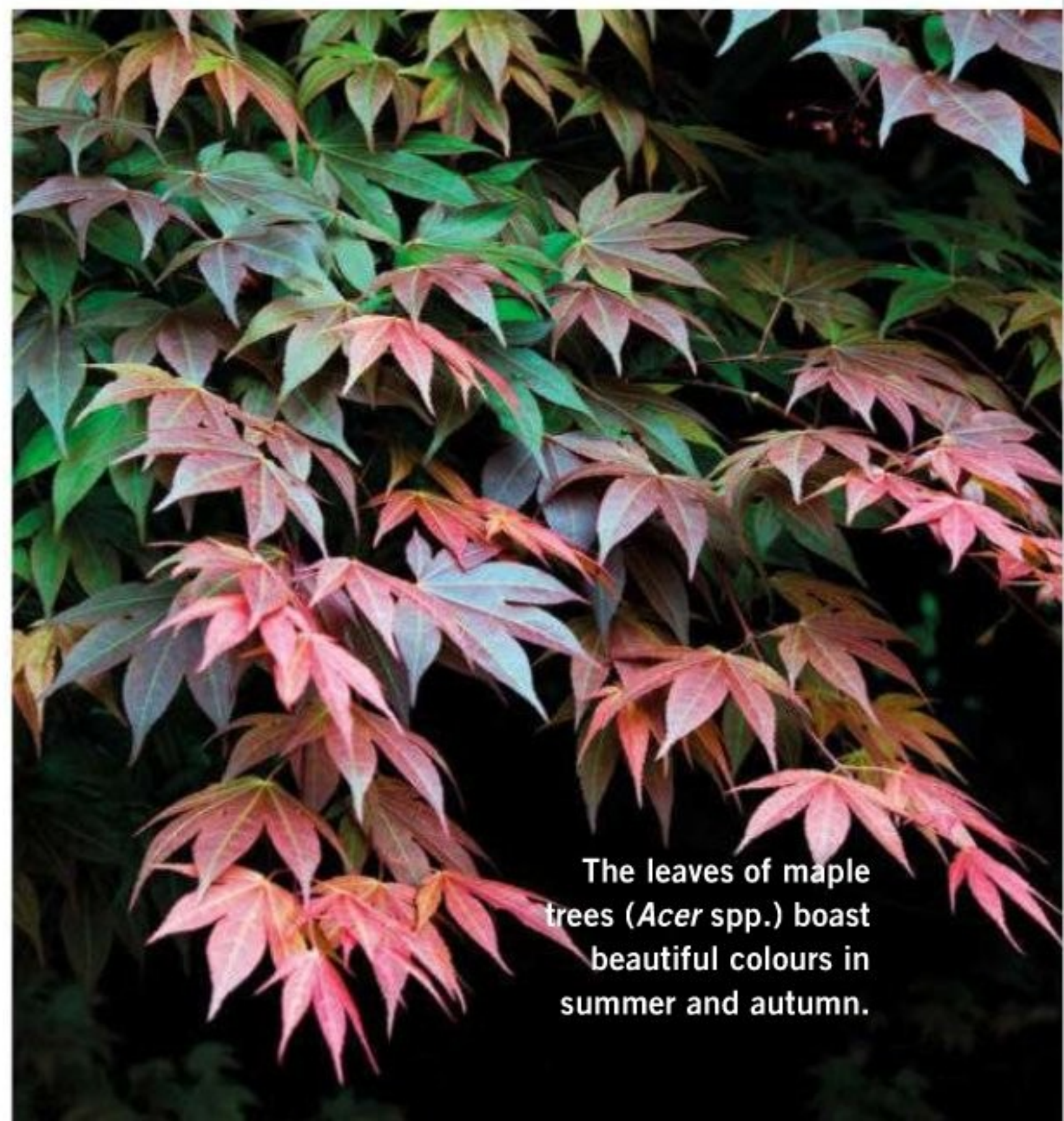
Seasonal interest

In spring, the bluebells poke their heads up through the soil and the rhododendrons and azaleas provide a spectacular variety of colours. Soon after, the Japanese flowering cherries, tree magnolias, irises and snowball bushes bloom.

As summer approaches, the foliage plants add their own array of colours, with the contrasting shades of maples, maroon *Berberis*, golden privet and *Abelias*. The pond is covered with white and pink water lilies and in the shady areas, hydrangeas bloom in the deepest blue.

And when autumn arrives, the many deciduous trees and shrubs take on vibrant hues, while winter brings forth an abundance of snowflakes and camellias.

"I can't take any credit for this beautiful garden. This is how gorgeous it was when we bought the property. We fell in love with Endebeni when we first laid eyes on it in the dead of winter. We've already had many wonderful family get-togethers here with the grandchildren, who love the freedom of this amazing garden. We look forward to making it our permanent home in the future," says Tessa. >>




The leaves of maple trees (*Acer* spp.) boast beautiful colours in summer and autumn.



Tessa's favourites

- **Japanese flowering cherry** (*Prunus serrulata*) – their spring blossoms are breathtaking.
- **Maple trees** (*Acer* sp.) – for summer and autumn colour.
- **Flowering dogwoods** (*Cornus florida*) – they are amazingly beautiful when they bloom in spring and also bear vibrant red fruits/seeds in summer and gorgeous deep rich red foliage in autumn.
- **Hydrangeas** – they flower generously in summer. I love picking them and putting huge bowls of the blooms in the house.
- **Snowball bush** (*Viburnum macrocephalum*), azaleas and rhododendrons – they boast a beautiful showy spring colour.
- **Strawberry tree** (*Arbutus unedo*) – attracts sunbirds to the garden.
- **Snowflake** (*Leucojum aestivum*) – the snowflake garden at Endebeni is a perfect fairyland. It runs alongside a small meandering stream that rises in the indigenous yellowwood forest on the property.
- **Bluebell** (*Hyacinthoides non-scripta*) – I love these bulbs and we plan to plant many more of them!
- **Peony** (*Paeonia* hybrids) – I know that they are a bit tricky to grow but we hope to plant many more!
- **Camellia** – for colour in winter.
- **Magnolia** – especially the tree magnolia (*Magnolia grandiflora*) with its enormous flowers and wonderful scent.



Foliage in various shades of green, pink azalea blooms and maroon *Berberis* shrubs (*in the foreground*) provide colour and contrast.



Pink dogwood
(*Cornus florida*)

Pay a visit!
Inspired by the grandeur
of Endebeni Forest? The garden
will be open to visitors on
16 & 17 September,
30 September and
1 October (09:00–17:00).
Cost: R50; call
082 571 3137.

[THE GARDEN'S HISTORY]

The name Endebeni is of Zulu origin. It has two meanings: 'place at the top of the hill' and 'bounteous place of beauty' and both are apt for this beautiful 36-hectare garden.

The garden was originally designed and planted in the early 1970s by Bea Bernstein, who lived out her passion for gardening here for nearly 40 years. Together with her head gardener, Petros Dhlamini, she planted nearly every tree, shrub and bulb. After her death in 2010, her son John Smithers and his family moved to Endebeni Forest and tackled the garden with renewed vigour. New sections of the 147-hectare property were opened up to expand the park-like gardens.

Now it is Tessa and Jamie's turn. Working with Charles Phiri, Colin Ntombela and Thulani Dhlamini (Petros was his great-uncle), they plan to ensure that the garden at Endebeni Forest is as impressive as it has always been! 🏡



Rhododendrons (above
and right) provide a
beautiful spring display
with their showy
blooms in a wide range
of spectacular colours.



*There is always something
interesting happening and changing
in Endebeni Forest's garden!*
– Tessa



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A row of large, brown, cylindrical rainwater harvesting tanks is lined up in a garden. The tanks are positioned behind a wooden fence and are partially obscured by lush green plants, including a large aloe vera plant in the foreground. In the background, a paved road and a residential area with trees and houses are visible under a cloudy sky.

More and more households are investing in rainwater harvesting tanks – they're perfect for storing water when there are water restrictions and for saving costs on municipal water.

EVERY drop counts!

Compiled by Kim Arendse

Now more than ever, it's vital to know the facts about grey water and rainwater; we help you make sense of how best to use both.

Grey water

Q What is grey water?

A Grey water is defined as used water from baths, showers, hand basins and washing machines. It does not include water from the toilet or kitchen.

Q Do I have to use biodegradable cleaning products if I use grey water to water my garden?

A Many people say they've noticed an improvement in their grass and plants since using grey water in their garden. This is because of the grey water's alkaline nature, which most plants love – with the exception of acid-loving plants such as azaleas, begonias, gardenias, hibiscus, camellias and ferns.

But in the long term, phosphate and salt build-up from constant grey water use can be toxic and your garden will suffer as a result.

Aim to use biodegradable dishwashing detergents and washing powders that are phosphate- and salt-free, and avoid liquid fabric softeners as they contain chemicals. If you can't always use these products, flush your garden with stored rainwater once a week. Only use municipal water if there are no water restrictions.

Tip Don't have biodegradable laundry liquid on hand? Then use only the water from your rinse cycle in the garden.

Q For how long can I store grey water?

A Because grey water contains bacteria that don't need oxygen to grow (anaerobic bacteria) it poses a health risk, and will smell if stored for too long. For this reason, untreated grey water should always be used immediately. You can store it for up to 24 hours if you treat it with products that improve the water quality, such as Bio-Systems SA's biological additives.

Q I've been using a bucket to carry grey water outside and then transferring it to a watering can to water my garden. Can you suggest a less time-consuming method?

A Although your system of reusing water works, there are other methods that will reduce the time you spend going to and fro and lessen your contact with grey water and its potential health risks.

You could have the pipes from your bathroom and washing machine (which already has a built-in pump) connected to a grey water system in your garden or directly into a hosepipe.

This method works either by means of gravity (from an upstairs bathroom, for example) or a water pump. A siphon pump and tubing can be set up to pump bathwater out of a window and into a tank before it's used in the garden.

Did you know? When it comes to grey water systems, there's no 'one size fits all'. All homes are different and the differences – such as the layout, size and contents of the garden and the gradient of the property – will affect the installation price.

{ Grey water don'ts }

- Grey water tends to clog pop-up or microjet sprinklers – when watering with grey water, rather use a garden hose. Alternatively, install a filter in your existing automatic irrigation system.
- Don't pour grey water into the toilet tank for flushing as there's a slim chance that it could be back-siphoned into your fresh water supply. Pour the grey water into the toilet bowl instead.
- Watering your herbs and vegetables with grey water is not recommended.
- Laundry water in which nappies or other items that possibly contain urine or faeces have been washed should not be reused.
- Grey water should not pool on top of soil; it will provide a breeding ground for mosquitoes.
- Children and pets should not drink or play in grey water. >>

Rainwater

Q What is rainwater harvesting?

A This refers to the collection of water from surfaces on which rain falls and subsequently storing it for later use; usually, water is collected from roofs by means of downpipes and stored in rainwater tanks.

Q How long can I keep rainwater?

A Untreated rainwater can last for up to six months in a rainwater tank. It's best to invest in one that blocks out sunlight and UV rays as this is what causes algae to form.

Q Can I drink rainwater?

A Because of increased acid levels in rainwater as a result of air pollution, as well as possible contamination from bird droppings on roofs, drinking untreated rainwater isn't recommended. Some rainwater-harvesting systems filter and sterilise the water, or you can boil it continuously for at least a minute – both methods make it safe to drink.

Q I have steel water tanks; can I move them underground?

A You could, but concrete water tanks work best underground in terms of maintenance and longevity; they're load-bearing so they're ideal underneath driveways and entertainment areas, for example.

W What size rainwater tank should I buy?

A Bigger tanks are ideal if you're using the water in your garden and home. If you're just using it to collect water for your garden, a small tank is ideal.

Here's how to calculate what size tank is sufficient for your rainwater harvesting needs:

Roof p/m²: 50 – 100 → **tank size:** 750L – 2 200L

Roof p/m²: 200 – 400 → **tank size:** 2 500L – 10 000L

Q I've seen signs up in our neighbourhood that indicate the use of grey water. Where do I get one and is it a must?

A If you're using grey water or rainwater to irrigate, you are obliged to put up a sign indicating the use of non-drinking water. You can find it on your city's website and it should be printed A4 landscape. This is not the same sign as those used to indicate the use of wellpoints and boreholes.



Go online to find out all you need to know about borehole water.

Q I've recently bought large tanks to collect and store rainwater. How do I get it to my garden with the least amount of effort?

A For a simple irrigation system, you'll need to use a hose connected to the tank and distribute drip lines with drip nozzles in your garden, on the surface or just under the soil, allowing water to slowly drip into the ground.

Rainwater tank filter R882.61, sustainable.co.za



JoJo Slimline water tank (750L) R2 908, jojotanks.co.za and builders.co.za

By the numbers

- A typical bath uses 120L of water and a shower up to 80L of water.
- Toilet-flushing can account for up to 20–30% of indoor water use.
- Rainwater harvesting can help you save up to 90% on your water bill.
- Dishwashers use between 30–90L per wash; washing by hand uses about 18L.
- A dripping tap can waste 15L of water a day.
- Water your garden with a watering can rather than a hosepipe – a hosepipe uses 1 000L of water an hour.

How to check for a leak on your property

1 Stop all water use. Close all taps on the property and don't flush toilets.

2 Check and record your meter reading.

3 Wait 15 minutes and take another reading. Make sure that nobody has opened a tap or flushed since you first noted the meter reading.

4 If the number on the meter has increased, it means you have a leak.

5 Call a plumber to help fix the leak – unless it's a simple DIY job! 🛠️



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Marié Esterhuyse



GLORIOUS spring!

These beautiful blooms herald the
changing of the seasons...

By **Marié Esterhuyse** • *Photographs Francois Oberholster*
Styling Melissa Rautenbach and Renate Lüdick



Renate Lüdick and Melissa
Rautenbach

No vase or bowl, jug or pot need be empty in spring," says Melissa Rautenbach of Flourish. "There are so many flowers from which to choose; it's easy to give your home a splendid spring feel.

"We filled an old cupboard I had in my garage with spring blooms to create this impressive focal point (*opposite*)," she says. "Tins, pretty vintage teacups, milk jugs, bowls, glass jars and enamel bowls were all used as containers for this wide variety of flowers. Preferably, your containers shouldn't match perfectly; different sizes, colours, shapes and textures all contribute to the impact of your spring display. It's also not essential to have an entire cupboard filled with flowers; one or two shelves of blooms combined with books, magazines and family photos will also do the trick. Or display flowers in glass jars on a table, a windowsill or mantelpiece – this is just as impressive and will bring spring fragrance and colour into your home.

"Fill the containers with clean water and cut the stems in different lengths so that not all of them are at the same height. Arrange them as you fancy – there's no right or wrong with these gorgeous spring blooms! Even a flower with a broken stem can still be used – simply float it in a bowl of water," says Melissa.

"Before you buy spring flowers, take a look in your garden. You'll be surprised by how many

are ready to be picked. However, if you don't have enough, buy a few bunches: daffodils, freesias, sweet peas, Dutch irises, ranunculi, Iceland poppies and tulips are just some of the many blooms available from florists in spring. And you only need a few of each; even a single flower in a pot looks wonderful.

The only flowers we used that you won't be able to buy are the nasturtiums and forget-me-nots. If you don't have these in your garden, sow their seeds for next spring – both germinate easily. Or get a bloom or two from a gardening friend!" >>



Three spring stalwarts

Freesia hybrids

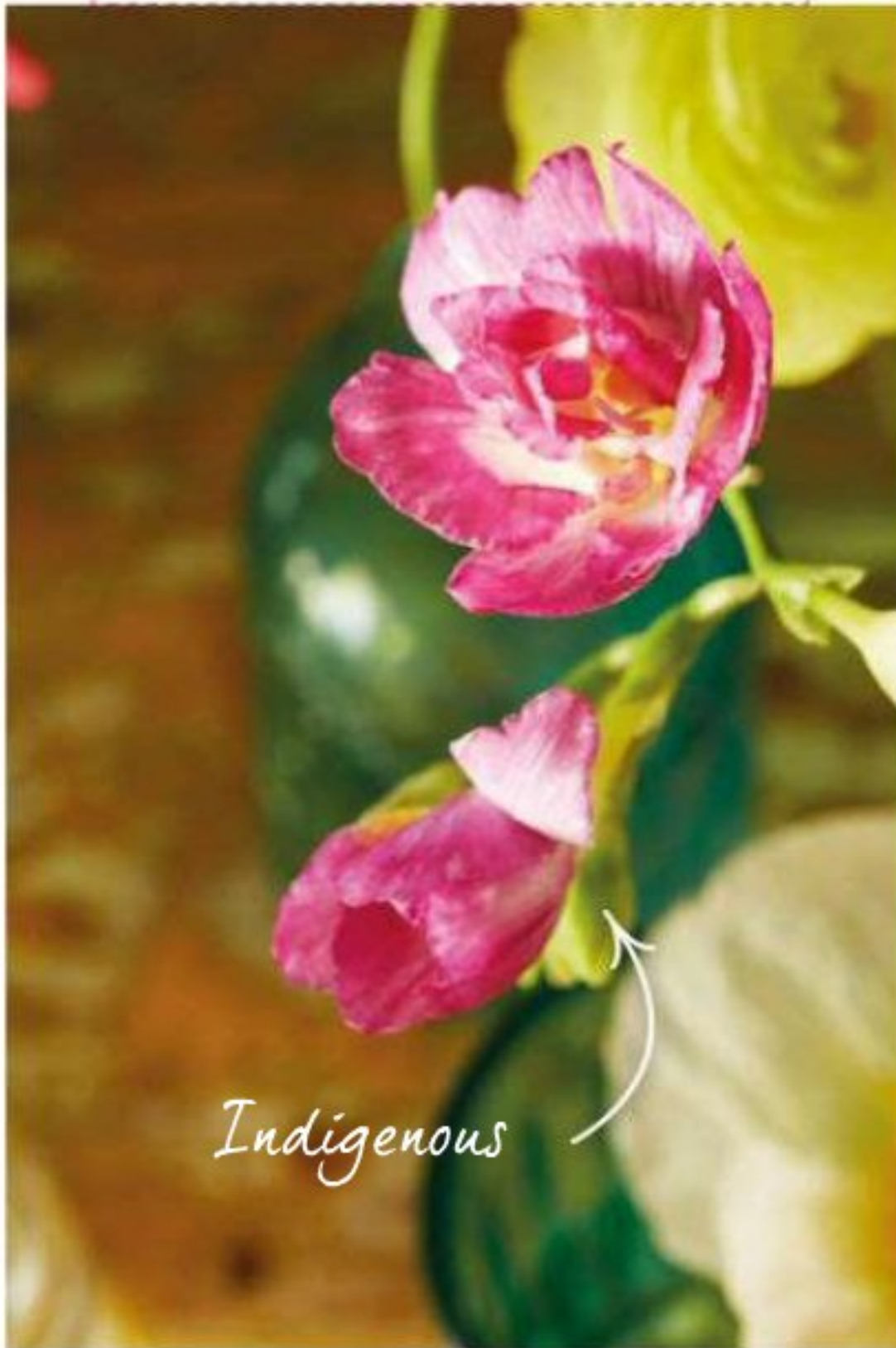
- ✓ Sun to semi-shade
- ✓ Fairly frost-resistant
- ✓ Average water needs
- ✓ Flowers from August to October
- ✓ Grows about 25cm tall

Narcissus hybrids

- ✓ Sun to shade
- ✓ Frost-resistant
- ✓ Average water needs
- ✓ Flowers from August to October
- ✓ Grows 30–40cm tall

Papaver nudicaule

- ✓ Sun
- ✓ Frost-resistant
- ✓ Average water needs
- ✓ Flowers late winter and spring
- ✓ Grows 30–50cm tall



Freesias

If you love a heavenly fragrance, plant freesias! These bulbs are available in a wide range of colours – including white, yellow, pink, purple and red.

Plant freesias in autumn in well-drained, compost-rich soil. The flowers look beautiful in large groups in a bed, or planted with other spring bulbs such as *Sparaxis*, daffodils, grape hyacinths and anemones. In cooler areas and winter rainfall regions, freesias do well in the sun, but in the warmer interior they prefer a spot in semi-shade. Protect them from heavy and especially late frost. Keep the bulbs well-watered in winter and spring.

Did you know?

Daffodils and narcissus belong to the genus *Narcissus*; those with bigger blooms are called daffodils and those with smaller clusters of flowers are called narcissus – but both are commonly referred to as daffodils.

Daffodils and narcissus

Cheerful yellow daffodils make an impressive sight when planted *en masse* under deciduous trees.

Plant these bulbs in autumn in well-drained, compost-rich soil and keep moist during the growing season in late winter and spring. Don't plant the bulbs in neat, uniform rows – informal plantings look best. These bulbs also do well in pots.

There is a wide variety of daffodils available – some bloom earlier and others later, some have double and others single flowers. The blooms can be white or various shades of yellow and even a light orange. The size of the flowers also differs from one type to the other. Among the best known are the bright yellow 'Flower Carpet' and the fragrant 'White Paper'.

Iceland poppy

The delicate Iceland poppy in shades of yellow, orange, pink and white will brighten any spring border. They make a striking statement with spring-flowering bulbs, or planted in a large group in a sunny bed. Iceland poppies originate in the Arctic regions, as the name suggests, but do well in most parts of South Africa with the exception of very dry regions.

This annual can be grown from seeds or you can buy seedlings in six-packs from your nursery. Prepare the bed well with plenty of compost and a few handfuls of organic fertiliser before sowing or planting. Feed seedlings with liquid fertiliser such as Seagro or Nitrosol every two weeks. Protect against wind, water regularly and deadhead spent blooms to encourage them to flower more. Iceland poppies make excellent cut flowers. Pick them as the buds start to open – the blooms will open fully in the vase.

Tips for daffodils and freesias (and other spring bulbs)

Feed bulbs with liquid fertiliser such as Seagro or Nitrosol every two weeks in the growing season and continue feeding until all the leaves have died back. They can be left in the soil to come up again; otherwise, lift them, dust off the soil and store them in a dry place until the next autumn planting season. Spring-flowering bulbs are available at most nurseries from March and April. 🏠

Use your most fragrant spring blooms in living areas and bedrooms – *a pot of jasmine, wisteria or freesias* is a heady reminder that spring has sprung! – *Melissa*

CONTACT Flourish
084 705 6651

Flowers supplied by Flora Jubilee (028 514 2455) and Rustenberg Wine Estate (021 809 1200, rustenberg.co.za)

Sources *Gardening with Keith Kirsten* by Keith Kirsten; *The South African What Flower is That?* by Kristo Pienaar; *Reader's Digest A South African Garden for All Seasons* with chief contributor Jennifer Godbold-Simpson



Garden diary

Celebrate Arbor Week by planting a tree in memory of a loved one, or donate a tree to a school or institution.

Compiled by Gillian Eva • Photographs: Francois Oberholster and supplied

Tip of the month

Keep your spring garden colourful for as long as possible by removing old flowers, feeding regularly and watering plants during dry weather.

Tasks for September

By Kay Montgomery

Freesia

1 The beginning of the gardener's year

Spring officially begins on 22 September but is usually celebrated by gardeners on the 1st of the month. It is a season of fresh breezes and lengthening days, unfurling leaves and furry buds, and a glorious garden display of delicate pastels and rich vibrant colours.

It is not only the sights of spring that delight, but also the scents. One must be nearby to enjoy the fragrance of sweet violet, creamy-white narcissus, freesia, sweet pea and stock, but the flowers of yesterday-today-and-tomorrow (*Brunfelsia*), butterfly bush (*Buddleja auriculata*) and September bells (*Rothmannia globosa*) spread their fragrance far and wide.

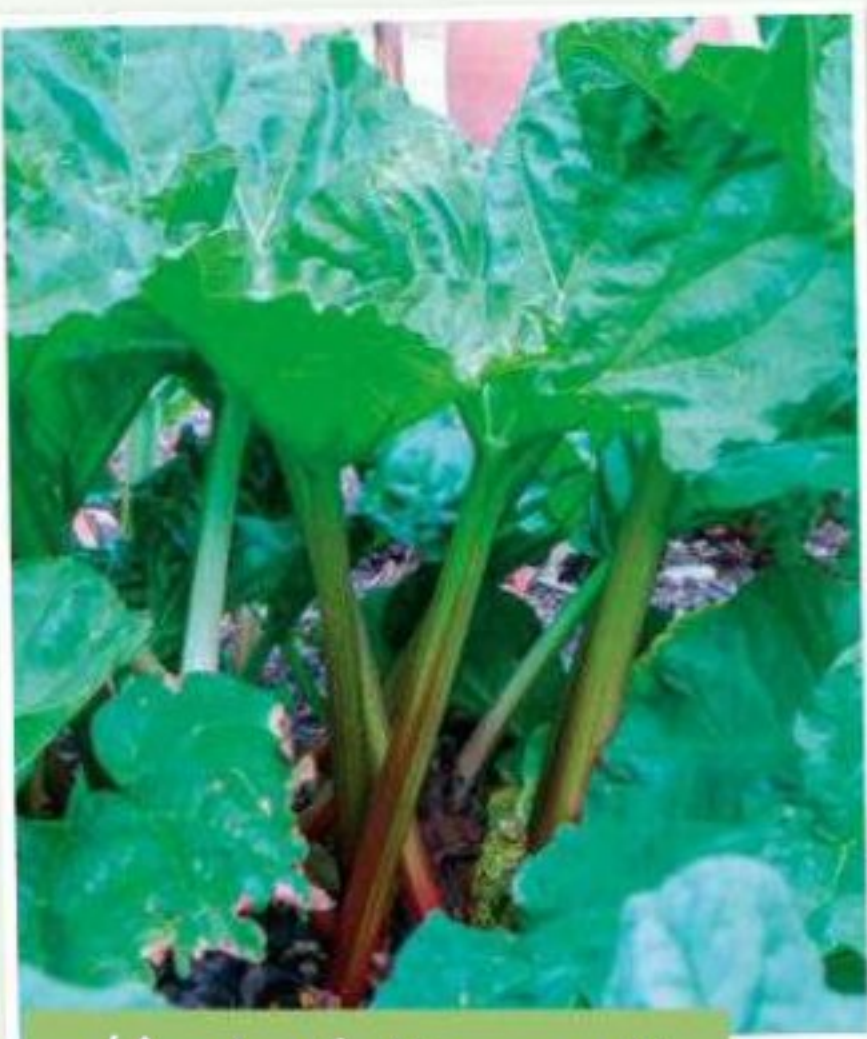
Fill empty spaces in your garden with colourful annuals and perennials available and in flower now at garden centres.



Stock

[www.
homemag.co.za](http://www.homemag.co.za)

Go to homemag.co.za for open gardens and spring festivals.



Herb of the month

Rhubarb

Grown as a vegetable, rhubarb could also be regarded as a herb because of its many medicinal properties and nutrients.

How to grow Buy established plants and plant in spring or autumn in full sun and compost-rich, well-drained soil; space plants 1.2m apart. Mulch the soil to keep it moist and water regularly as rhubarb needs plenty of water to develop juicy stems. Remove flower stems or seed stalks as they appear.

Tip of the month At planting and during the first year of growth, only use slow-release organic fertiliser that will prevent damage to the plant from direct nitrate contact, which can kill it.

Did you know? Only eat rhubarb stalks, not the leaves – they contain high levels of oxalic acid which is toxic in high doses.

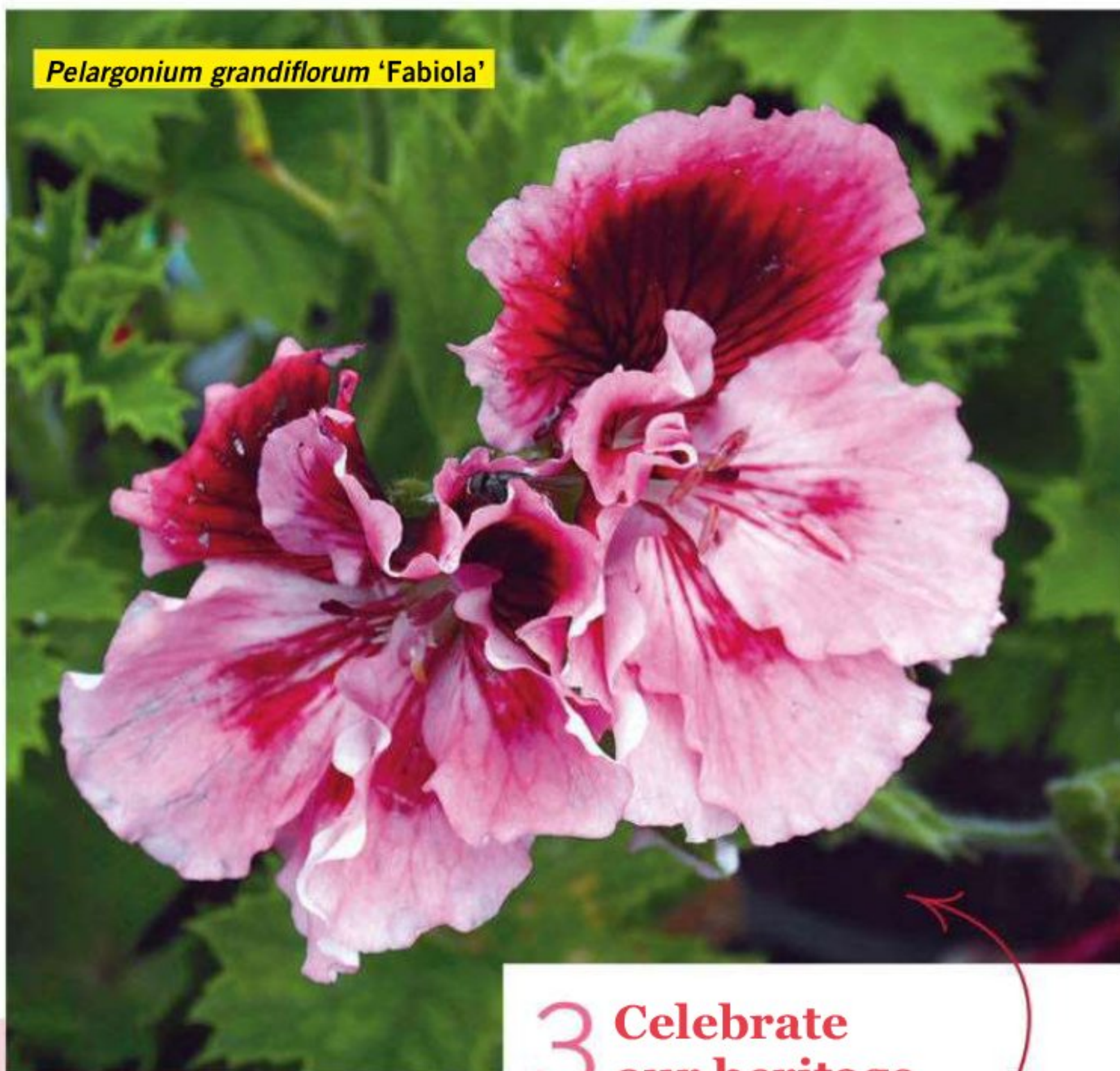
Harvesting rhubarb Wait until plants are two to three years old before harvesting the stems. Only harvest strong, juicy stems; if stems are thin, delay harvesting. Twist the stalks off at the base or cut off and discard the leaves. Leave at least two stalks for continued growth.

Divide rhubarb roots every three to four years, when the plants are dormant.

Uses Aids weight loss (low in calories), improves digestion (high in fibre), may help to prevent Alzheimer's disease (high vitamin K prevents the oxidation of brain cells and stimulates cognitive activity), stimulates bone growth (vitamin K), increases skin health, may help prevent cancer (beta carotene and other anti-oxidants) and improves circulation (copper and iron content stimulates production of red blood cells). Use in baking (cakes and puddings) and jams, or boil up as a cold soup (make sure to add a sweetener).

CONTACT healthyliving-herbs.co.za

Pelargonium grandiflorum 'Fabiola'



2 Arbor Week

The first week of September is Arbor Week – do your bit by planting one, or both, of the Trees of the Year:

- **Buffalo thorn (*Ziziphus mucronata*)** is a medium-sized tree (up to 10m) that bears glossy foliage and thorns – prune it to form a security hedge. Its small greenish-yellow flowers attract bees and butterflies, while its hard, shiny fruit is relished by birds.
- **Ebony guarri (*Euclea pseudobenus*)** is a graceful tree with drooping branches and a deep tap-root system which makes it extremely drought-hardy. It bears small bell-shaped cream or yellow-green flowers.

3 Celebrate our heritage

In this, our heritage month, it is important to conserve our plant and gardening heritage, especially plants such as the **pelargonium**. Many people call pelargoniums 'geraniums' and think of them as brightly coloured flowers spilling from window boxes and hanging baskets, adding splashes of colour in public spaces and beautifying home gardens.

Modern varieties offer exciting and brilliant colour combinations with variable leaf colour and form. Some are grown for their scented foliage of apple, citrus, peppermint, chocolate, nutmeg, rose and balsam.

Use pots of pelargoniums to emphasise a flight of steps or to fill empty spaces in a border; train into small standards by allowing a main stem to grow before pinching out; or line a pathway with scented-leaf pelargoniums.

This month...

- Bugs are on the move. Be on the lookout for amaryllis caterpillars, aphids, snails and slugs.
- Encourage new growth on lawns by removing dead grass (thatch) with a rake or stiff-bristled broom. This allows fertiliser, water and air to penetrate down to the roots.
- Tidy up irises, cannas and day lilies by trimming off withered leaves.
- Water perennials and lightly work a general fertiliser and compost into the soil, then water well again.
- Weeds growing among choice plants compete for nutrients and water – remove while small to prevent flowering and spreading of seed.
- Cut back dead fronds on ferns and if potbound, re-pot in fresh commercial potting soil.
- Divide water lilies if overcrowded and replant in rich soil. Spread a layer of pebbles on the surface of the pot to prevent soil from washing out, then gently sink the pot down into the water. >>



Ludwig's rose corner

Rose guru Ludwig Taschner offers finger-pruning tips and tells you how to improve the condition of the soil in your rose beds.



'Knysna'

Q: I have agapanthus growing in-between my 'Knysna' roses, but the roses tend to suffer from scale and don't perform very well. Are the agapanthus plants the problem?

→ Roses find it difficult to compete with other nearby plants that have a shallower root system and grab the food and water before it gets to the roots of the roses. In addition, when the lower leaves of the roses are partially covered by other plants, the lack of light on the leaves reduces photosynthesis and this means that the roots are not being fed by the leaves. They need to spread wider and deeper to find water and nourishment. Dig up the agapanthus and any other plants interfering with the rose; this will automatically loosen the soil, provide aeration and allow the water to penetrate.

Q: My roses flower beautifully in October but never produce the same show during the rest of the season. What do I do?

→ Finger-pruning hybrid tea and Antico Moderno roses in September will increase their October flowering period and spread out blooming for the rest of the flowering season. Finger-pruning removes the tips of a third of the flowering shoots. This means that out of 15 stems, the tips of five are pinched out. This will also encourage new basal growth, which improves the quantity and quality of blooms. Because the bush doesn't flower all at once, there's no temptation to pick all the blooms and this reduces stress on the roots. To pinch, use the thumb and index finger and just snap off the tip. Within a week, the reddish-purplish leaves will mature to green and the uppermost eye will re-sprout. To encourage two new stems to sprout on one stem, pinch off the top three or four leaves.

Learn from Ludwig

Attend a free demo on spring rose care and finger-pruning in September:

2 & 3: Ludwig's Star Roses, Hillcrest, Durban (2nd: 14:00; 3rd: 10:30)

9: Ludwig's Roses Egoli, Glenferness, Jo'burg (10:30)

10: Ludwig's Rose Farm, north of Pretoria (10:30) and Ludwig's Roses, Lynnwood Road, Pretoria East (14:00)

16: Ludwig's Roses Winelands (10:00) and Ludwig's Roses, Chart Farm, Wynberg, Cape Town (14:00)

17: Ludwig's Roses Winelands, Stellenbosch (14:00)

• There's no need to book; call 012 544 0144 or email info@ludwigsroses.co.za.

Tasks by region

- **Summer rainfall** Encourage the rapid growth of roses by watering every second or third day. For good October blooms, fertilise in mid-September with Vigorosa. Protect new growth and blooms from pests by spraying with Ludwig's Insect Spray every two weeks or drench with Koinor, which will be effective for six months. Keep the soil cool by mulching with organic material.
- **Cape coastal** During rainy weather, prevent black spot by spraying with Chronos or Rose Protector. Boost new growth by fertilising with Vigorosa in mid-September.
- **Lowveld and KwaZulu-Natal coast** As the temperatures rise, keep rose roots cool by mulching around the plant and increase watering to two or three times a week. Prevent pest damage, especially aphids and thrips, by spraying with Ludwig's Insect Spray every two weeks or drench with Koinor, a long-lasting pesticide, at the beginning of September.

How to improve soil for roses

The drought in many parts of the country caused roses to become semi-dormant. With the new season, they will be raring to go. If you haven't already done so, improve the soil now so that water reaches the roots easily.

Why is good soil important? Plants need minerals, oxygen, water and sunlight to grow. The soil is the medium where all this is processed by micro-organisms and the more you have, the better the soil.

Different types of soil There are three types of soil: clay, which is sticky and gets waterlogged; sandy soil, which is loose and drains quickly; and loam, which is a mixture of clay and sand and varies in consistency from garden to garden.

What to do Improve the quality of the soil by adding humus (partially decomposed organic matter) – this improves both its texture (whether clay or sandy) and drainage while at the same time retaining and absorbing the necessary amount of moisture and nutrients to feed the roots.

• For best results, add at least 30% organic matter. The most reliable formula is one-third soil, one-third sand and one-third organic matter of some kind.



• Spread the organic material over the bed and dig it in to a depth of 25cm so that it mixes in well with the surrounding soil. Water well afterwards.

What organic matter to use The ideal organic mixture consists of compost, manure, milled bark, peanut shells, leaves, pine needles, lawn clippings and peat moss. The more varied the mixture, the better, because particles of different sizes last longer and have a better conditioning effect on the soil texture.

Other additives Bonemeal and superphosphate will encourage root development; add to your organic mix, leave to settle for a week and then apply.

Know your invasive plants

Each month, we feature a plant that has become invasive in SA and which you may encounter in your garden or neighbourhood.

Red sesbania (*Sesbania punicea*), also known as the Brazilian glory pea, is a deciduous shrub or small tree that grows up to 4m tall with many slender branches. It bears drooping, dark green leaves with paired leaflets that end in tiny, pointed tips. Showy red or orange flowers in dense sprays up to 25cm long appear from September to March followed by distinctive brown, four-winged pods.

Invasive status

Category 1b invasive plant, which means that it must be removed from your property to avoid prosecution.

Why is it a problem?

This plant is a problem all over South Africa. It competes with and replaces indigenous riverine and wetland species. Its leaves and flowers are poisonous and the seeds, especially, are lethal to birds, mammals and reptiles.

CONTACT invasives.org.za



Indoor plant of the month

Arum lily

As indoor plants, arum lilies (*Zantedeschia*) are quite different from their stately, white or yellow garden counterparts. Besides being smaller with petite trumpet-shaped flowers and leaves, their colours are vibrant, ranging from deep red (almost black) to salmon, orange, yellow and dusky pink. They like bright light and can take early morning sun, but no direct midday sun. Normal room humidity is acceptable as is outdoors on a sheltered terrace or balcony, if the soil is kept moist. Water the plants as soon as the soil's surface is slightly dry. During spring and summer, add liquid fertiliser to the water every two weeks. The leaves are toxic to cats and dogs, so keep the plants out of reach.

CONTACT plantimex.co.za 🏠

Photograph Getty Images



Red sesbania

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peanuts


FROM THE PEANUT *gallery*

By Johané Neilson
Photographs Inge Prins

Whether you consider it a nut or a legume, this versatile favourite is delicious in so many different ways.



Chicken satay
Recipe on [page 115](#).

A black metal tray holds several square cookies, each topped with a dollop of red strawberry jam and several sliced almonds. The tray is set on a white lace doily over a rustic wooden surface. In the background, a small white gift bag with a purple and white striped ribbon is visible. In the foreground, a spool of natural twine sits on another lace doily. The overall scene is styled in a rustic, homey aesthetic.

*No man in the world
has more courage than
the man who can stop
after eating one peanut.*

– Channing Pollock,
American playwright and critic

***Peanut butter
squares***

Recipe on [page 117](#).

Ricotta loaf with peanut dukkah

This delicious starter can be made in a jiffy, yet it looks very impressive. Keep the extra dukkah in an airtight container in the pantry – you can do so many things with it: dip fresh bread in olive oil and then in the dukkah as an appetiser; sprinkle over oven-roasted cauliflower or broccoli; use it as a crust for lamb chops or chicken; stir through steamed jasmine rice or couscous; or sprinkle over salad for extra crunch.

Makes 1 loaf

Preparation time: 25 minutes

- 10–15 soft Turkish apricots
- honey
- 300ml ricotta
- lemon juice
- ciabatta or savoury biscuits, to serve

PEANUT DUKKAH

- 80ml sesame seeds
- 15ml coriander seeds
- 5ml cumin seeds
- 5ml fennel seeds
- 250ml peanuts, roasted and salted
- a generous pinch each dried thyme, marjoram and mint
- coarse sea salt flakes and freshly ground black pepper to taste

1 Make the dukkah Heat a heavy-based pan and roast the sesame, coriander, cumin and fennel seeds until aromatic. Be careful: they mustn't burn; you want them lightly toasted. Once you smell the aromas, remove the pan from the heat and add the rest of the dukkah ingredients. Process everything together to form a coarse spice mixture. Store in an airtight container.

2 Line a loaf pan with cling film. Arrange half of the apricots at the bottom of the pan and add a spoonful or two of good quality honey. Season the ricotta with salt, pepper and a dash of lemon juice and spoon a layer on top of the apricots. Sprinkle a generous layer of dukkah over that. Add another layer of apricots, cheese and dukkah. Repeat with a third layer of each.

3 Turn the cheese 'loaf' out onto a chopping board, drizzle with extra honey, garnish with a few edible flowers or fresh soft herbs such as basil, and serve with toasted ciabatta or savoury biscuits. >>





**Cabbage salad
with peanut
dressing**
Recipe on [page 115](#).

*Peanut butter makes
everything peanut better.*
- Anonymous

peanuts

**Brinjal
and
couscous
salad**

**Peanut pesto with
Thai flavours**

Brinjal and couscous salad Cut 4 medium-sized **brinjals** in half, lengthwise, and then score the flesh with a sharp knife without cutting through the skin. Brush the brinjals with **peanut oil** and roast in a preheated oven at 180°C for about 35 minutes or until golden brown and soft. Drizzle generously with the **peanut pesto** while still hot so it absorbs the flavours. Serve on a bed of **couscous** with dollops of **Greek yoghurt** and a few **peanuts** and **herb leaves**. Add a tin of drained **chickpeas**, large chunks of **feta cheese** and **cucumber slices** for a wholesome vegetarian meal with **pita bread**.

Cabbage salad with peanut dressing

Cabbage salad is delicious as a filler in tortillas and sandwiches or as a side dish for a braai. This version with peanut dressing is great with pulled pork or fishcakes.

Serves 6 as a side dish

Preparation time: 30 minutes

Cooking time: 10 minutes

- 2 small cabbages, shredded
- a handful of crisp lettuce leaves
- 2 medium-sized carrots, julienned
- 8 radishes, thinly sliced
- 200g asparagus, cut into ribbons with a vegetable peeler
- fresh herbs such as coriander, basil and chives

PEANUT DRESSING

- 30ml sesame or peanut oil
- 1 small onion, finely chopped
- 1 small garlic clove, finely grated
- 2cm fresh ginger root, peeled and grated
- pinch of chilli powder
- 5ml shrimp paste
- 125ml unsweetened smooth or crunchy peanut butter
- 30ml light soy sauce
- 15ml fresh lime juice
- 5ml honey (or to taste)
- 200ml coconut milk
- about 125ml boiling water

1 Make the dressing Heat the oil over moderate heat and stir-fry the onion, garlic, ginger and chilli until the onion is glossy, but not browned. Stir in the shrimp paste and fry until aromatic. Add the peanut butter, soy sauce, lime juice and honey and stir until smooth. Keep the heat low. Stir in the coconut milk and heat through. Use the water to adjust the thickness to your liking. Remove from the heat and allow to cool completely. Taste and adjust the seasoning as needed (keep in mind that the flavours

will not be as strong when it is cold).

Keep the sauce chunky or process it with a stick blender until smooth. Store in the refrigerator until needed.

2 Make the salad Combine the shredded cabbage and lettuce leaves with a generous helping of dressing and arrange on a serving platter with the remaining salad ingredients. Serve with extra dressing in a separate jar. Keep any remaining sauce in the refrigerator and use within 1 week.

Peanut pesto with Thai flavours

This flavoursome pesto is delicious with grilled fish or prawns, but I love it with brinjal and couscous salad (*see box, left*).

Makes about 200ml

Preparation time: 10 minutes

- 250ml basil leaves
- 250ml fresh coriander
- 125ml Vietnamese mint leaves (or use ordinary mint)
- 1 red chilli, deseeded and finely chopped
- 1 small garlic clove, finely chopped
- 1cm fresh ginger root, finely grated
- 4 spring onions, white parts chopped into chunks
- juice and zest of 1 medium lime (or to taste)
- 125ml roasted, salted peanuts
- about 100ml peanut oil

Blend all the ingredients, except the oil, in a food processor. Gradually add the oil until the texture is just right. Taste and check that the flavours are balanced; if you feel it needs something, add extra salt, lime juice or chilli until the pesto is to your liking. Spoon into a sterilised jar and store in the fridge with a layer of oil on top for up to 1 week. (Believe me, it won't last that long!)

Chicken satay

Feel free to make smaller kebabs as a starter, instead of the big ones as a main course.

Serves 4 as a main course

Preparation time: 1 hour (including marinating time)

Cooking time: 25 minutes

- 4 chicken breasts, each cut into 4 cubes
- 1 red pepper, cut into squares
- 1 red onion, cut into wedges
- 8 bay leaves
- 4 plum tomatoes, seeded and coarsely chopped
- 30ml boiling water
- steamed rice and fresh coriander, to serve

MARINADE

- 15ml lemon juice
- 3ml cumin
- 5ml coriander
- pinch of cayenne pepper
- 45ml crunchy peanut butter
- 30ml light soy sauce
- 30ml sesame oil

1 Mix all the marinade ingredients and stir through the chicken. Thread onto skewers with chunks of red pepper and onion and bay leaves in-between. Marinate for about 30 minutes. (Remember to soak the skewers in water beforehand if you're planning to braai your sosaties, otherwise they will catch alight.)

2 Heat a heavy-based pan (choose one with a lid) and fry the chicken over moderate heat until golden brown. Add the tomatoes and boiling water with the remaining marinade and simmer with the lid on until the chicken is cooked through. Season with salt and pepper. Serve on steamed rice with a sprinkling of fresh coriander. >>

peanuts



Flourless peanut and chocolate cake

Makes 1 x 20cm cake

Preparation time: 20 minutes

Baking time: 35 minutes

Oven temperature: 170°C

- 150g dark chocolate, chopped
- 100g butter at room temperature
- 80g smooth peanut butter
- 150g (180ml) light brown sugar
- 3 extra-large eggs, whisked
- 75g (180ml) cocoa
- 5ml vanilla essence
- pinch of salt

1 Line a 20cm cake tin with baking paper and grease well with butter. Sift a layer of cocoa over; dust off the excess cocoa. Preheat the oven.

2 Melt the chocolate carefully and allow to cool slightly. Whisk the butter, peanut butter and sugar together until very light and fluffy. Add the eggs, one at a time, then fold in the melted chocolate, cocoa and vanilla. Spoon into the prepared tin and bake for 35 minutes or until a skewer comes out clean. Allow the cake to cool for about

10 minutes in the tin before turning it out gently. It's delicious as is but you can also serve it with a spoonful of double cream or a small scoop of ice cream – if you feel decadent, decorate with peanut truffles.

Peanut truffles

Make these truffles by whisking together 250ml **peanut butter**, 250ml **icing sugar** (sifted) and 3ml **vanilla essence**. Shape into bite-sized balls, freeze for 1 hour and dip in **melted dark chocolate**. Easy and delicious!

Peanut butter squares

This recipe is adapted from
Condensed Milk: Everybody's Guilty Secret by Clea Joannou.

Makes 24 squares

**Preparation time: 15 minutes,
plus cooling time**

Cooking time: about 25 minutes

Oven temperature: 180°C

- 200g chocolate biscuits, crumbled
- 100g butter, melted
- 1 tin condensed milk
- 125ml crunchy peanut butter
- 100ml Rice Krispies
- 100ml coconut
- 100ml glacé cherries

1 Mix the biscuit crumbs and butter and press this into the bottom of a rectangular ovenproof dish (28 x 20cm). Preheat the oven.

2 Mix the condensed milk and peanut butter well and spread over the biscuit crust. Sprinkle the remaining ingredients on top and press down with a fork – it is important to do this, otherwise the squares will crumble when you cut them.

3 Bake for 25 minutes until lightly browned. Cool completely, cut into squares and wrap in pretty paper. They look lovely in a glass jar as a gift. You can also decorate the squares with melted dark chocolate to offset the sweetness, but I love them just as they are.

Peanut butter biscuits

Make big biscuits – this ensures that the insides are chewy.

Makes 16 biscuits

Preparation time: 20 minutes

**Baking time: 12–15 minutes
per baking tray**

Oven temperature: 180°C

- 100g butter, melted
- 80g smooth peanut butter
- 200g (250ml) soft brown sugar
- 5ml vanilla essence
- 2 eggs
- 250g (445ml) flour
- 3ml bicarbonate of soda
- 200g dark chocolate and caramel chips
- 100g salted peanuts, chopped

Preheat the oven. Whisk the butter, peanut butter, sugar and vanilla until light and creamy. Now whisk in the eggs, one at a time, mixing well after each addition. Sift the flour and bicarb together and mix, along with the chocolate chips and peanuts, into the butter mixture to form a pliable dough. Place ice cream scoop-sized dollops of dough onto baking trays lined with baking paper, flatten slightly and bake for 12–15 minutes or until golden brown and cooked through. Leave the biscuits on the baking tray for about 5 minutes before placing them on cooling racks to cool completely. 📌



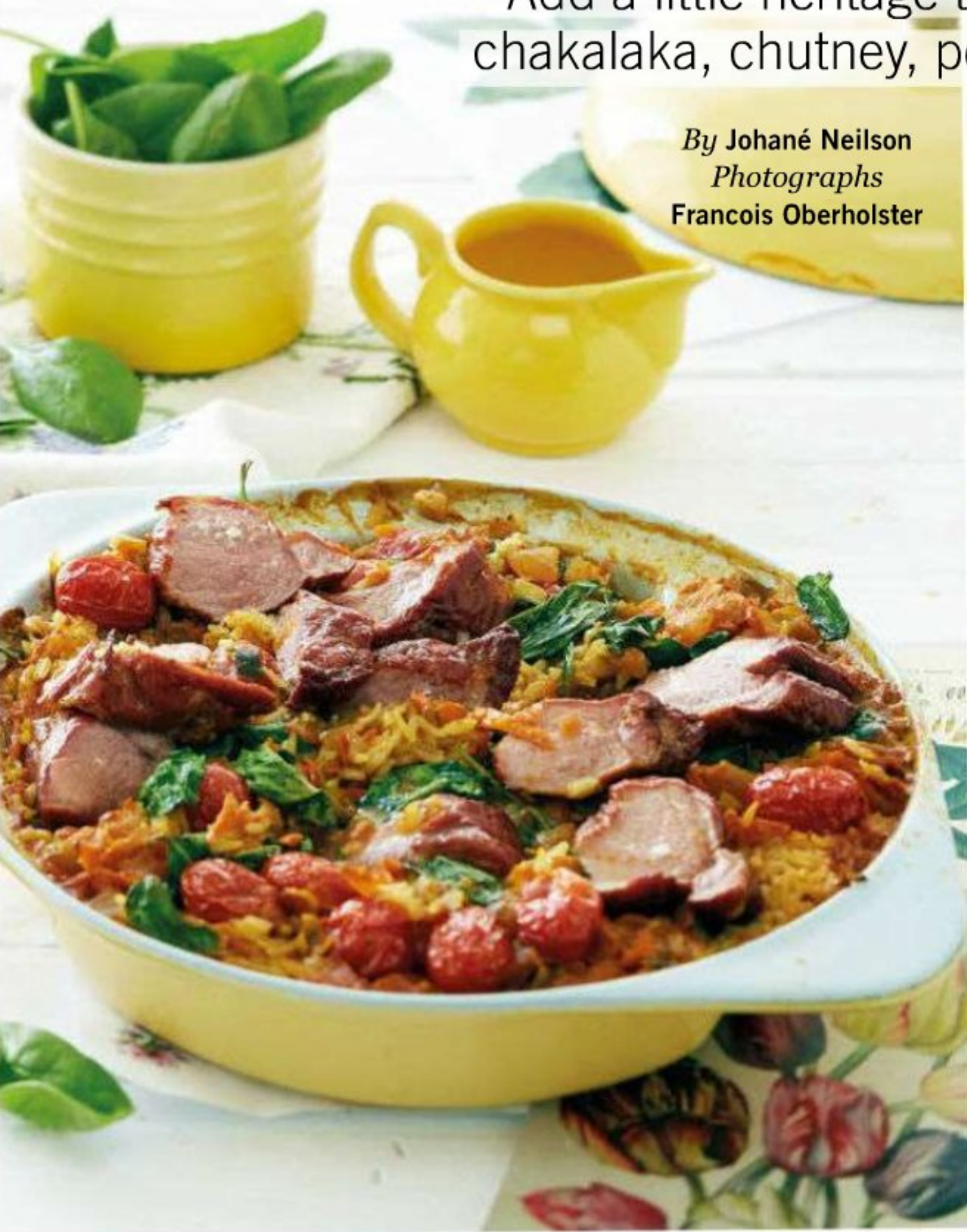
Did you know?

While most people love peanuts, there are actually those who suffer from arachibutyrophobia or the fear of peanut butter sticking to the roof of their mouths!

We've got supper sorted!

Add a little heritage to your dinner with chakalaka, chutney, peppadews and pap.

By Johané Neilson
Photographs
Francois Oberholster



Pork and chakalaka rice

Under R110 • Serves 4 • Preparation time: 10 minutes
Cooking time: 35 minutes

- 15ml olive oil
- 200g cherry tomatoes
- 250ml jasmine rice, rinsed
- 125ml mild chakalaka
- about 350ml boiling water
- a handful of baby spinach
- 1 smoked pork fillet, sliced

Using a pan that has a tight-fitting lid, heat the oil and cook the tomatoes uncovered until their skins begin to burst open. Stir in the rice and cook until all the grains start to colour. Add the chakalaka and water, followed by the spinach. Top with the sliced pork and put the lid on. Turn the heat down to low and steam until the rice and meat are cooked; top up the liquid as needed.



Mieliepap tart with bobotie

Under R75 • Makes 4 generous servings
Preparation time: 30 minutes • Cooking time: 40 minutes
Oven temperature: 180°C

- 500ml water
- 5ml salt
- 250ml maize meal (pap)
- knob of butter
- 300ml bread cubes
- 125ml milk
- 15ml olive oil
- 1 onion, finely chopped
- 1 clove garlic, chopped
- 15ml each curry powder and apricot jam
- 300g mince
- 2 eggs
- 80ml milk
- lemon leaves

1 Bring the water and salt to the boil and whisk in the maize meal. Put the lid on and reduce the heat to its lowest setting. Steam for about 10 minutes. Stir in the butter and immediately line an ovenproof pie dish with the pap mixture to form a crust.

2 Soak the bread in the milk. Heat the olive oil and sauté the onion and garlic until glossy. Add the curry powder and jam and stir through. Add the mince, bread and milk, and cook for about 1 minute.

3 Preheat the oven. Spoon the mince mixture onto the pap crust. Whisk the eggs and milk, and pour this over the top; add a few lemon leaves. Bake for about 25 minutes or until cooked through.



Tip Remove some of the shells before you mix the mussels with the rest of the soup; this will make it easier to eat.

Creamy garlic mussel soup

Under R125 • Serves 4 • Preparation time: 30 minutes
Cooking time: 30 minutes

- 15ml olive oil
- 200g bacon cubes
- 2 shallots, finely chopped (or 1 small onion)
- 1 small carrot, peeled and finely chopped
- 3 celery stalks, finely chopped
- 1 garlic clove, finely chopped
- 2 peppadews (or 1 chilli), finely chopped
- 2 large potatoes, chopped into 1cm blocks
- 250ml milk
- 250ml cream
- 250ml white wine
- 250ml water
- 500g half-shell mussels
- a pinch of mixed herbs
- 2 mealies, roasted
- chives, for garnishing

1 Heat the oil in a pot and fry the bacon until crispy. Stir in the shallots, carrots, celery and garlic and fry until aromatic. Add the peppadews and potatoes, milk and cream and bring to the boil. Reduce the heat and simmer for about 20 minutes until the potatoes are soft.

2 Bring the white wine and water to the boil, add the mussels and steam for 3-4 minutes. Add the mussels and liquid to the soup. Cut the kernels off the mealie cobs and stir them into the soup, along with the chives. Season with salt and pepper and serve with fresh bread.



Roast-in-the-bag chicken with chutney

Under R115 • Serves 4 • Preparation time: 10 minutes
Cooking time: 50 minutes • Oven temperature: 180°C

- 8 chicken pieces (drumsticks and thighs)
- 125ml mayonnaise
- 125ml chutney
- 500g baby potatoes, boiled for 10 minutes
- 8 small carrots, peeled and halved
- 3 celery stalks, chopped
- 15ml flour
- about 80ml water or white wine

Preheat the oven. Mix the chicken pieces with the mayonnaise and chutney and place them with the hot potatoes, carrots and celery in a large oven bag in an ovenproof dish. Sprinkle with the flour and add the white wine. Prick the bag a few times with a fork and tie it closed. Bake for about 45 minutes, cut the bag open and brown the dish under the grill. 🏠

3 ways with ice cream

In association with Huletts

Put a spring in your step with these delicious frozen treats.

1 Banana frozen yoghurt

- 3 bananas, chopped into chunks and frozen
- 350ml double cream yoghurt, frozen in a small ice tray to make yoghurt cubes
- 45ml unsweetened peanut butter
- 60ml Huletts Golden Syrup (or to taste)
- about 100ml milk or coconut water
- 30ml choc chips

This recipe is quick to prepare, once all the ingredients are frozen. Be patient; it's worth it! Simply put the frozen bananas, yoghurt, peanut butter and golden syrup in a food processor that can handle frozen ingredients and process until creamy, using the milk or coconut water to adjust the consistency. This delicious soft serve frozen yoghurt can be enjoyed immediately, or decant it into a suitable container and freeze for a couple of hours until firm. Serve with a sprinkle of choc chips, nuts and an extra drizzle of syrup.





2 Ginger snaps

- 125ml butter
- 125ml Hulett's SunSweet Brown Sugar
- 125ml Hulett's Golden Syrup
- 5ml ground ginger
- 200ml cake wheat flour, sifted
- ice cream and berries to serve

1 Place the butter, sugar, golden syrup and ginger in a small saucepan and melt over low heat, stirring until all the sugar is dissolved. Don't let the mixture boil. Remove from the heat and stir in the flour until smooth. Allow the mixture to cool slightly; it will firm up.

2 Preheat the oven to 160°C and line two baking trays with baking paper. Scoop spoonfuls of dough onto the prepared baking trays and flatten slightly, allowing space for the snaps to spread as they bake for 8–9 minutes or until golden and bubbling. Remove from the oven, carefully transfer the snaps to the back of an upturned muffin pan and allow to cool completely – they should take the shape of the muffin pan's hollows. Work quickly as the snaps lose their flexibility as they cool. Fill with ice cream and your favourite fruit or berries.

3 Oat biscuit ice cream sandwiches

- 200g butter, soft
- 200g (250ml) Hulett's SunSweet Brown Sugar
- 1 extra-large egg
- 5ml baking powder
- 140g (250ml) cake wheat flour, sifted
- 2ml bicarbonate of soda
- 500ml rolled oats
- 12 balls of ice cream

1 Beat the butter and sugar until light and creamy. Add the egg and continue beating until combined. Add the baking powder, flour, bicarbonate of soda and rolled oats and mix until a soft dough forms.

2 Roll the dough into 24 portions and flatten on baking trays lined with baking paper to shape the cookies. Bake for about 15 minutes per tray in a preheated oven at 180°C until golden brown and crisp. Allow to cool completely.

3 Sandwich each ball of ice cream between two cookies and serve immediately.

Psst! Add sprinkles and sweets if you like.



THE PERFECT *pudding* FOR BRAAI DAY

This dessert is as South African as it gets!

By Johané Neilson
Photographs Francois Oberholster

Brandy and Coke pudding

Serves 6

Preparation time: 25 minutes

Baking time: 30–35 minutes

Oven temperature: 180°C

- 180g dates, finely chopped
- 5ml bicarbonate of soda
- 250ml boiling water
- 30ml cola concentrate
- 100g softened butter
- 100g (125ml) sugar
- 3 extra-large eggs
- 210g (430ml) self-raising flour, sifted
- 30ml cocoa
- pinch of salt

BRANDY CUSTARD

- 100g (125ml) brown sugar
- 250ml milk
- 2 cinnamon sticks
- 100g butter
- 2 eggs
- 50ml brandy



1 Preheat the oven and grease a 22cm Bundt cake tin or a medium-sized ovenproof dish (we used an enamel saucepan) with butter. Put the chopped dates in a bowl, sprinkle the bicarb over and pour in the boiling water. Stir gently and set aside. Once it fizzes, add the cola concentrate and allow to cool slightly. **2** In the meantime, whisk the butter and sugar until light and creamy then add the eggs, one at a time, whisking well after each addition. Sift the flour, cocoa and salt together. **3** Add both the flour and date mixtures to the creamy butter mixture and blend to form a smooth batter. Spoon into the prepared cake tin (or dish or pot) and bake in the preheated oven for about 30–35 minutes or until a skewer comes out clean.

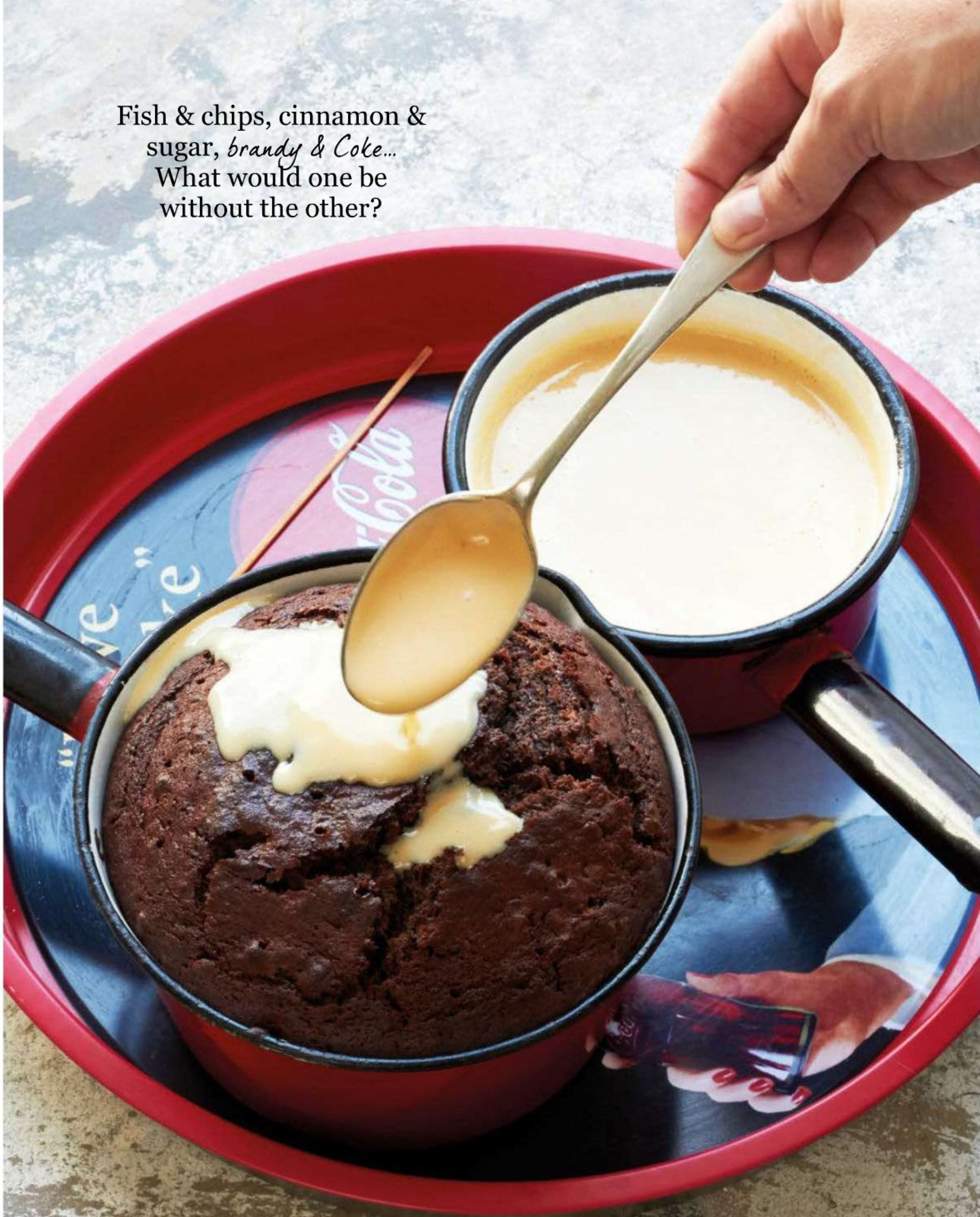


4 Make the custard Heat the sugar, milk and cinnamon, stirring until the sugar has dissolved. Bring to the boil, remove from the heat and then melt the butter into the milk mixture. **5** Whisk the eggs and brandy in a bowl and then gradually whisk the warm milk mixture into this. Return the mixture to the saucepan and stir over low heat until it thickens. **6** Place the saucepan in a bowl of ice and stir until the custard has cooled to prevent it from curdling. Test by dipping a wooden spoon in the custard – if you can draw a line through the custard, it's ready. 🏠



*Serve the
pudding with
custard and
ice cream.*

Fish & chips, cinnamon &
sugar, *brandy & Coke*...
What would one be
without the other?





IN MINT

CONDITION

We spotted the beautiful Mint ceramics from Thia de Vos at Kammers/Makers at Cape Town's Castle of Good Hope earlier in the year; shop for more gorgeous items (including the medium side plate R165; pictured above) online at mintcreatinghome.co.za.

food & drinks

It's Heritage Month – let's celebrate local flavour!

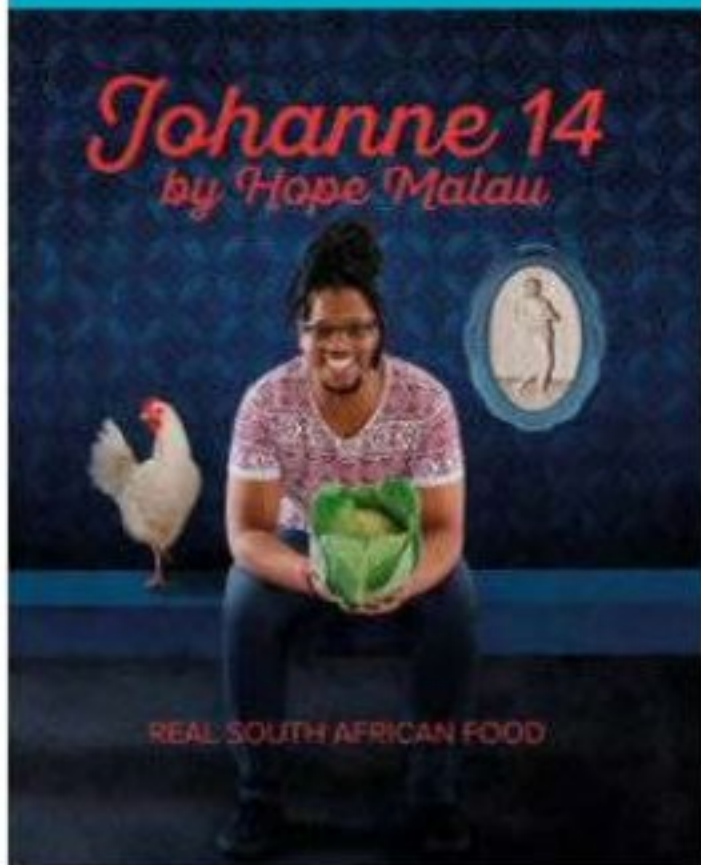
By Johané Neilson
Photographs:
supplied

SHARP SHARP

Make carrot ribbons with this handy pencil sharpener R149.95, pylones.co.za



Made to share



Johanne 14 (R275, Quivertree) by South African chef and food writer Hope Malau features traditional dishes infused with so much love you can almost taste it! This glimpse into township life is a celebration of culture, resilience, community and family – all around shared meals, of course. The recipes range from favourites like milk tart, crunchies and chakalaka to more niche offerings including ox livers with pot bread and what to do with a pig's head. Go on, try something new!



Sweet!

Known for their iconic Kaapse Vonkel MCC, Simonsig has now added the fruity semi-sweet Simonsig Kaapse Vonkel Demi-Sec (R135, simonsig.co.za) to their range. We say cheers to that!



GO FOR IT!

Boost your day with this energising Cold Pressed Charcoal Shot (R15.95, woolworths.co.za) boasting a 100% fruit and vegetable juice blend with apple, lemon and ginger. Awesome!

From the sea

A Mari Ocean Gin (R450, cybercellar.com) is distilled with Atlantic Ocean seawater. But why, you might ask? The minerals in the water aid oil extraction from the unique Cape coastal botanicals, giving the gin a rich smoothness and complexity. The nose exhibits a citrus freshness that's echoed on the palate with hints of naartjie and lemon.





THE PERFECT BLEND

Jason's Creek (R70, cellar door), a classic Cape Blend, is made from Pinotage, Petit Verdot and Tannat and boasts flavours of succulent raspberry, cherry and hints of spice – perfect for making a delicious sangria or enjoying with lamb roasted over the coals. Go to jasonshill.co.za.



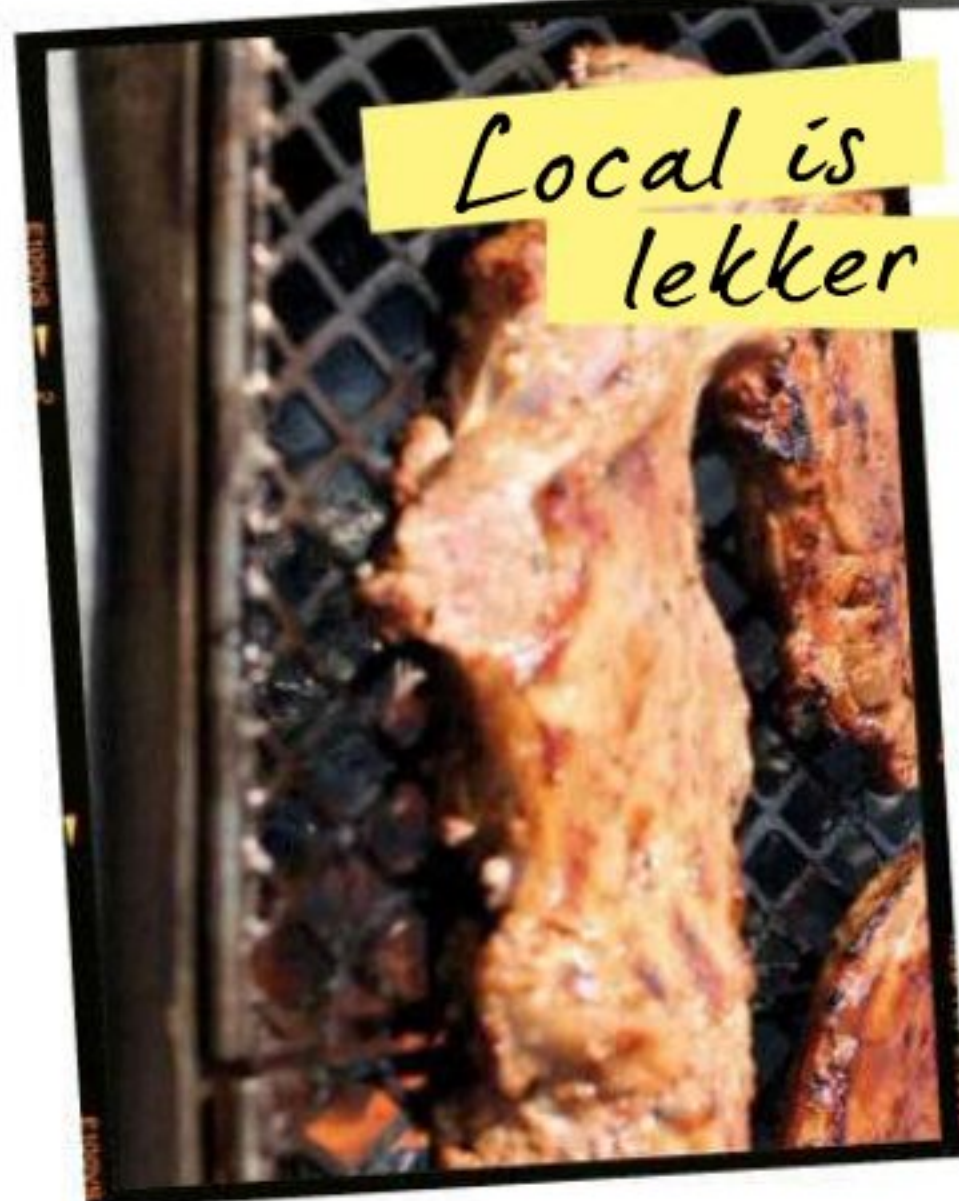
A great escape

Originally cooked up as a small, casual restaurant adjoining The Concierge boutique hotel in Durban, Freedom Café has now become the heart and soul of this establishment. Stylish, offbeat interiors and a love of everything fresh and green make this an oasis for the best brunch in town, a lazy lunch or a G&T with a difference. Check out tastefreedom.co.za.



Floral affair

Fleur Signature Saucepan (21cm) R3 050, lecreuset.co.za



Local is lekker

Gabriëlskloof Wine and Olive Estate invites you to enjoy the spirit of ubuntu in true Overberg style with its month-long offering of proudly South African delicacies, culminating in a Long-table Heritage Braai Feast on the 24th (R350/ adult; R100/child) with Chef Frans behind the grill. Tapas tasters will include bobotie poppers as well as *snoek en patat* croquettes; go to gabrielskloof.co.za. 🏠

Bottoms up!

Liefmans Yell'oh On The Rocks is a refreshing aperitif beer, offering a bold mix of lime, apple, elderflower, basil and pineapple; visit belgianbeercompany.co.za.



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Solution to Crossword #104

Competition Rules 1 Home competitions are open to anyone in South Africa except the employees of Media24, the competition sponsors, their subsidiaries, promotional and advertising agencies and immediate family members. 2 Prizes will be awarded to the first correct entries drawn and winners will be notified telephonically or via email. 3 SMS competition winners will be chosen at random from the total SMS entries received. 4 The decision of the organisers is final and no correspondence will be entered into. 5 Prizes cannot be amended, transferred, extended or exchanged for cash. 6 The sponsors are responsible for fulfilment of the prizes and Home cannot be held responsible for problems or delays in delivery of prizes. 7 Prizes to be redeemed within 6 months of notification; extensions only accepted if agreed upon in writing with prize sponsors.

NOTE Because of variations occurring in the printing process, paint colours shown in the magazine may not be 100% accurate.

COMPETITION

WIN

Five lucky readers will each get a Philips premium kitchen set hamper worth R9 993!

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HOW TO ENTER

- Online at **homemag.co.za**.
- **SMS** the keyword **PHILIPS** followed by your name, email and postal address to 33406 (each SMS costs R1.50); see competition rules on [page 127](#).

CLOSING DATE 30 September 2017

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Go to **philips.co.za** and visit their **Facebook** and **Twitter** pages for more information on how to eat healthily and enjoy it.

In October ... we see what's cookin' in the kitchen

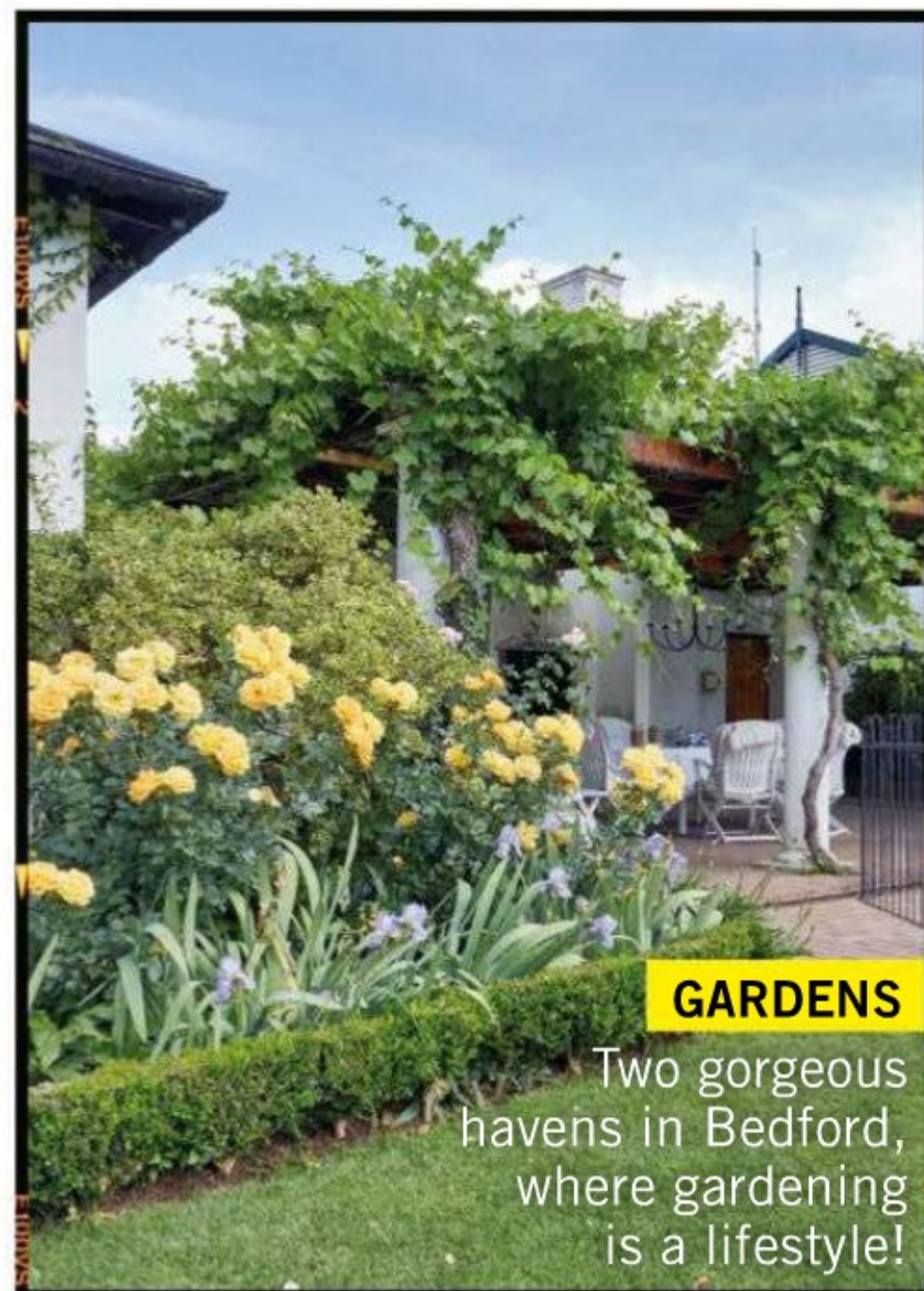
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Next month in **home** On sale 11 September 2017



The joy of friends

Someone who understands you, who shows sympathy or simply listens and supplies food and wine is a blessing, says Riana Scheepers.

A friend of mine, an artist working on a major exhibition, suddenly became anxious about all the work she needed to get done. But I knew: she wasn't really worried about her workload. Like all super-talented people, she suddenly doubted herself. She was questioning: Will I disappoint the gallery? Will I disappoint myself? Can I do it? It seems to me that everything I paint is outdated and unsuitable. Do I, as an artist, still have something to say?

"Come away with me," I told her. "Just give me three days of your life."

"What are you up to?" she asked suspiciously.

"I'm going to help you get the cobwebs out of your head."

I chuckled a little at my talented friend because I understand her fears so well. There's nothing wrong with her, she's an amazing artist, but she needs someone to give her a bit of perspective. And that someone is me, a friend and a fellow artist, even though I can't paint to save my life. I know all too well about writer's block, and what she was experiencing was the artist's equivalent of writer's block. Artist's block?

We retreated to a cottage in the forest. To a simple, quiet, lovely beach village where there are very few other people.

We sat on the stoep amidst the trees and listened to Anna Netrebko and Dulce Pontes. Their sweet voices rising up through the branches, lingering among the leaves. No one was bothered by the loud music, except for the lories, startled by this unexpected competition. We made food, good food, and drank wine; lots of wine, in fact. We walked along the beach and we strolled through the magical forest with its damp undergrowth and ancient yellowwood trees.

As we walked, my friend talked: about her inability to paint, her fears that she, as an artist, was no longer relevant. She was troubled: how could she justify her existence when there were so many critical issues facing our country?

We talked about many things, about children and politics and money. We talked about beauty and the artist's unique ability to see it. We talked especially about the duty of the artist to recognise beauty, in all its forms, and to convey it to others.

As the sun dipped over the horizon on the second day, the artist pulled her sketchbook closer. She disappeared into another world, her pencil skimming over the white paper.

My job was done; all I had to worry about now was feeding her. And providing wine. And music.

It has already been proven that women who have friends are healthier, happier people. It's not that you need to have hundreds of friends; there just needs to be at least one who understands the most important aspects of your life and complements it.

There must be someone with whom you can buy clothes, someone with whom you can open your heart, someone with whom you can travel. And, sometimes, someone with whom you can live in a cottage in the forest for a few days. In a few exceptional cases, one friend can fulfil all these needs, but usually this sympathetic support is spread among three or four wonderful friends.

All too soon it was the final evening of our forest stay. The tension was broken, my friend was eager and excited to get back to her studio.

I invited another friend who lives in the forest over for dinner. I knew that my forest friend and the artist would hit it off. My forest friend arrived

in a beautiful dress seemingly woven from ferns and moss, two exotic beaded and feathered earrings

adorning her ears. She brought laughter and joy and a bottle of wine; we clean forgot about Anna Netrebko and Dulce Pontes. The nocturnal birds of the forest launched into their evening song.

"Have you ever been married?" enquired the artist.

"Yes, many times," said my forest friend, who then shared the stories of her exciting, chequered life.

We cooked and we talked and we laughed a lot. We celebrated our friendship.

What did I take from our magical visit to the forest? The knowledge that whenever I need to, I will be able to turn to the artist – or the nymph from the forest – for help. 🏠



Illustration Paula Dubois • Translation Gillian Eva

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